Proactive Competence Inventory
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To what extent do you possess the following skills? [1 not competent - 5 very competent]

1 Assessing future developments
2 Looking ahead
3 Recognizing signals that something might go wrong
4 Being open to other people's comments
5 Envisioning my personal opportunities and chances
6 Recognizing my personal limitations
7 Assessing my environment
8 Clearly indicating the things I want to accomplish
9 Translating my desires into plans
10 Making realistic plans
11 Asking other people for advice
12 Finding solutions
13 Thinking of alternatives when a solution proves ineffective
14 Actually seeing my plans through
15 Persevering
16 Seeking support when things get tough
17 Evaluating whether I accomplished the goal I wanted to reach
18 Considering the positive aspects of a setback
19 Learning from setbacks
20 Appreciating when something goes right

21 Rewarding myself when I have made progress in achieving my goal