

PERSONAL STRIVINGS (Emmons, 1989)

1. Consider the things that you typically or characteristically are trying to do in everyday behaviour (e.g., “What is an example of something that you are typically trying to accomplish or attain?”). Some examples include: “trying to seek out new and exciting experiences”; “trying to avoid being noticed by others”; “trying to avoid being noticed by others”; “trying to outperform my peers” “trying to be physically attractive”

Note: strivings can be positive (approach) or negative (avoidance); also base statements upon actual *intended* behaviour, rather than *resultant* behaviour; finally, list should include striving activities that are engaged on a regular basis (i.e., no one-time concerns).

- Task: provide **10-12 stems** of “**On a daily basis I typically try to...**”

2. Rate how you think about each striving as identified o a 0-5 scale. 0 = not very to 5 =very

Typical Coach Behaviours 'On a daily basis I typically try to...	How committed are you to this behaviour?	How important is this striving to you?	How likely is it that you will be successful in doing it?	How challenging will this striving be for you?	How much satisfaction does it bring to you when you achieve it?
1	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
2	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
3	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
4	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
6	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Serial Winners – Personal Strivings Matrix

7	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
8	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
9	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
10	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
11	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
12	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
13	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
14	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5