



Decision Focus 09 – Commitment to Follow Through

Instructions: For multiple choice questions, unless a question says, “Multiple answers allowed but not required”, select the **BEST** of the available answers.

Name* _____

Email* _____

1. When you have a good list of alternatives, you should:
 - a. Do a reality check
 - b. Select the first one that satisfies your values
 - c. Build a weight and rate table
 - d. Build a decision tree
 - e. None of the above

2. When “A” happens, then the odds of seeing “B” change. This is called:
 - a. A dependent probability
 - b. An independent probability
 - c. A long shot
 - d. Confidence rating

3. A good decision:

*****Multiple answers allowed but not required

- a. Makes sense
- b. Feels wrong sometimes
- c. Feels right
- d. Doesn't always make sense
- e. Gives you more confidence



Decision Focus #9 - Commitment to Follow Through Quiz

4. A Decision Tree is used to:
- List the possible choices
 - Show all the possible outcomes
 - Calculate the odds of each approach
 - Determine the best choice
 - All of the above

5. Commitment to follow through means:

*****Multiple answers allowed but not required

- That we are ready to overcome obstacles
- We will actually go after our goals
- We will work to address our fears of failing
- Overcoming inertia is easy
- All of the above

6. Inertia means:

*****Multiple answers allowed but not required

- A body in motion tends to remain in motion
- Getting started takes effort
- Doing the same old thing and staying in a routine
- Being too tired to continue
- Wearing out

7. Fear can show up to keep you moving forward. Some fears that take commitment to overcome are:

*****Multiple answers allowed but not required

- Failure
- Heights
- Spiders
- Unknown
- What others might think



Decision Focus #9 - Commitment to Follow Through Quiz

8. When we develop S.M.A.R.T. goals, they are:

List all 5 answers

- a.
- b.
- c.
- d.
- e.

9. List 3 good tactics to help your commitment to follow through.

- a.
- b.
- c.

10. Extra credit. 3 rattlesnakes were sunning on a warm rock. Two of them decided to leave.
How many were left?



Educator's Answer Key

Answers are given in **bold**.

1. When you have a good list of alternatives, you should:
 1. Do a reality check
 2. Select the first one that satisfies your values
 3. Build a weight and rate table
 4. Build a decision tree
 5. None of the above

2. When "A" happens, then the odds of seeing "B" change. This is called:
 1. **A dependent probability**
 2. An independent probability
 3. A long shot
 4. Confidence rating

3. A good decision:

*****Multiple answers allowed but not required

 1. **Makes sense**
 2. Feels wrong sometimes
 3. Feels right
 4. Doesn't always make sense
 5. **Gives you more confidence**

4. A Decision Tree is used to:
 1. List the possible choices
 2. Show all the possible outcomes
 3. Calculate the odds of each approach
 4. Determine the best choice
 5. **All of the above**



5. Commitment to follow through means:

*****Multiple answers allowed but not required

1. **That we are ready to overcome obstacles**
2. **We will actually go after our goals**
3. **We will work to address our fears of failing**
4. Overcoming inertia is easy
5. All of the above

6. Inertia means:

*****Multiple answers allowed but not required

1. A body in motion tends to remain in motion (**true but not the meaning in this case**)
2. **Getting started takes effort**
3. **Doing the same old thing and staying in a routine**
4. Being too tired to continue
5. Wearing out

7. Fear can show up to keep you moving forward. Some fears that take commitment to overcome are:

*****Multiple answers allowed but not required

1. **Failure**
2. Heights
3. Spiders
4. **Unknown**
5. **What others might think**



Decision Focus #9 - Commitment to Follow Through Quiz

8. When we develop S.M.A.R.T. goals, they are:

List all 5 answers

1. **Specific**
2. **Measurable**
3. **Achievable**
4. **Realistic**
5. **Time-sensitive**

9. List 3 good tactics to help your commitment to follow through. **Here are some examples**

1. **SMART goals**
2. **Set aside time to work on it**
3. **Develop a plan**
4. **Break down the goals to small steps**
5. **Communicate your plan to others**
6. **Measure progress**
7. **Reward yourself for success along the way**
8. **Allow for flexibility with small penalties for a Single missed target**
9. **Compete with others**
10. **Be very clear about why you are going after this goal**

10. Extra credit. 3 rattlesnakes were sunning on a warm rock. Two of them decided to leave.
How many were left?

Answer: **All 3 rattlesnakes were left because they didn't commit to follow through**