

# Shooting Star™ Quiz

The Outcomes Star for success in life

1 Not interested 2 Considering it 3 Having a go 4 Working on it 5 Actively enjoying it

We are here to help prepare you to achieve what you want in life.

For each of the six questions that follow, choose the statement that best fits for you now.

## Aspiration

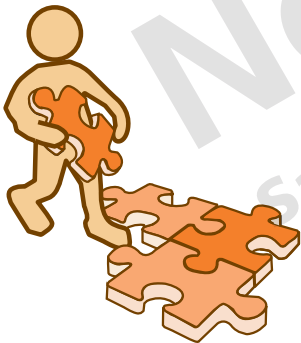
Interested in the things I am doing and determined to do well



- 5 I enjoy the things I am taking part in. I make the most of opportunities and I'm determined to achieve my goals now and in the future
- 4 I am doing lots of interesting things and I like achieving my goals. Sometimes when things go wrong I can't find a solution and give up. Sometimes I don't find the time
- 3 There are things I'd like to do and I give new things a go. I either find it hard to stick with things or I don't have the time
- 2 There may be some interesting things out there for me to do but I wouldn't know where to start
- 1 I can't be bothered. There's nothing around that I want to do

## Contribution

Involved in ways that help others



- 5 I am really enjoying taking part in several activities that help others. It is up to all of us to make a difference
- 4 I get involved and like feeling that my actions make a difference. There is more I could do
- 3 I would like to be involved in helping others, and I sometimes take part in activities, but I find it hard to stick with things or don't have time
- 2 I might get something from getting involved in helping others but I am not sure how or what I could do
- 1 I am not interested in helping others

## Confidence

Being my own person



- 5 I'm confident even when my ideas are different from other people's ideas. I know there are things I'm good at and I can overcome challenges
- 4 I believe in myself most of the time and I can see when I'm doing well. But sometimes I lack confidence or feel under pressure I try to be my own person but often end up going along with what others say or do – even though it's not what I want
- 3 I want to be more confident but don't know where to start
- 2 I don't feel confident. I'm easily led. I am not the sort of person who achieves things
- 1 I don't feel confident. I'm easily led. I am not the sort of person who achieves things

Want to use this tool?  
Visit [www.outcomesstar.org.uk](http://www.outcomesstar.org.uk)  
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