

Infusionomics Personal Reflection Questionnaire-Secondary

Name: _____ Date: _____

School: _____ Grade: _____ Age: _____

Rate the extent to which each statement describes you. There are no right or wrong answers.

		Does not describe me at all	Describes me a little	Somewhat describes me	Moderately describes me	Definitely describes me
1	I believe that choices I make today can impact my family and community in the future.	0	1	2	3	4
2	When I trade with others, I get to know them better.	0	1	2	3	4
3	Being aware of what I am giving up helps me make choices.	0	1	2	3	4
4	I am more likely to do something if there is a reward for doing it.	0	1	2	3	4
5	My choices reflect what is important to me.	0	1	2	3	4
6	I think about future decisions more than past decisions.	0	1	2	3	4
7	When I trade something I value and don't get something I value in return, I feel angry.	0	1	2	3	4
8	My choices are influenced by what I value.	0	1	2	3	4
9	My choices are limited by things other than my parents or other adults in my life.	0	1	2	3	4
10	Trading works better when I am honest about what I can do and what I want.	0	1	2	3	4
11	I don't always feel like it is an even trade when I trade with my teacher or parents or other adults in my life.	0	1	2	3	4
12	I use my goals to guide choices I make.	0	1	2	3	4
13	I am accountable for the choices I make.	0	1	2	3	4
14	I have good relationships with people I meet in life.	0	1	2	3	4
15	It is important to consider costs and benefits before making a choice.	0	1	2	3	4
16	I cannot get what I need to be successful.	0	1	2	3	4
17	I compare the price of one item I want to another item I want to determine whether I should purchase it.	0	1	2	3	4
18	It is important to me to find out what I do best.	0	1	2	3	4
19	When making choices about my actions, I think about incentives and disincentives.	0	1	2	3	4
20	Choices often have several desirable options from which to choose initially.	0	1	2	3	4

Rate the extent to which each statement describes you. There are no right or wrong answers.

		Does not describe me at all	Describes me a little	Somewhat describes me	Moderately describes me	Definitely describes me
21	I learn new things every day.	0	1	2	3	4
22	My success at school is influenced by the choices I make.	0	1	2	3	4
23	I can improve my life through education.	0	1	2	3	4
24	I have the resources available to get enough food to eat.	0	1	2	3	4
25	Money is not the only incentive that will convince me to change my behavior.	0	1	2	3	4
26	I compare the price of one item I want to the amount of time it would take me to earn that amount of money.	0	1	2	3	4
27	I sometimes trade the things I do best for other goods and services.	0	1	2	3	4
28	I share what I have based on how much people will give me in return.	0	1	2	3	4
29	I consider tangible costs (money, physical labor) when I make a choice.	0	1	2	3	4
30	I only put time and effort into a project if it will make me better off.	0	1	2	3	4
31	I only do things I feel like doing.	0	1	2	3	4
32	My choices are determined mostly by what my parents or other adults in my life have always done.	0	1	2	3	4
33	I believe the choices I make throughout life shape who I am as a person.	0	1	2	3	4
34	When I want people to do something for me, I think about a nice thing I can do for them in return.	0	1	2	3	4
35	I cannot change the future.	0	1	2	3	4
36	I consider intangible costs (safety, leisure time given up) when I make a choice.	0	1	2	3	4
37	I always think about possible choices I can make in the future.	0	1	2	3	4
38	Before making a choice, I identify and evaluate alternative choices.	0	1	2	3	4
39	My spending influences the amount suppliers produce.	0	1	2	3	4
40	I have the resources available to get a good night sleep on a regular basis.	0	1	2	3	4
41	Trading gives me lots of choices.	0	1	2	3	4
42	When I want people to do something for me, I think about how to force them to do it.	0	1	2	3	4
43	I make some choices in my life but most choices are made for me by my parents or other adults in my life.	0	1	2	3	4

Rate the extent to which each statement describes you. There are no right or wrong answers.

		Does not describe me at all	Describes me a little	Somewhat describes me	Moderately describes me	Definitely describes me
44	If I do not make a choice something or someone else will make it for me.	0	1	2	3	4
45	I have a hard time overcoming past decisions.	0	1	2	3	4
46	Choices I make may have a cost to others and me.	0	1	2	3	4
47	I have freedom of choice in most areas of my life.	0	1	2	3	4
48	I learn from unanticipated outcomes in my life.	0	1	2	3	4
49	I believe things happen to me that I cannot change.	0	1	2	3	4
50	I consider the cost of an item to be more than money.	0	1	2	3	4
51	I have bartered something I had for something someone else had.	0	1	2	3	4
52	When I make choices, I have more control over situations.	0	1	2	3	4
53	I provide goods and services to people in my life.	0	1	2	3	4
54	In general, my friends are more likely to do what I want if I offer an incentive.	0	1	2	3	4
55	I can change my future by the choices I make today.	0	1	2	3	4
56	I consume goods and services every day.	0	1	2	3	4
57	I try to share what I have so that everyone gets the same amount no matter what I get in return.	0	1	2	3	4
58	I consider money to be the only incentive worth changing my behavior.	0	1	2	3	4
59	I have what I need to improve my life.	0	1	2	3	4
60	At this point, It is not important for me to understand how choices can influence my life.	0	1	2	3	4
61	When I am punished for doing something, I stop doing it.	0	1	2	3	4
62	When I do the things I do best, and my friends do the things they do best, we can get more work done than if I did everything by myself.	0	1	2	3	4
63	I re-evaluate my choice to purchase something when prices change.	0	1	2	3	4