Appendix A – Balanced Planfulness Scale from Study Five

INSTRUCTIONS: Read each of the following statements and decide how much you agree with each according to your beliefs and experiences. Please respond according to the following scale.

1 - Strongly disagree, 2 - Disagree, 3 - Neither disagree nor agree, 4 - Agree, 5 - Strongly agree

1) When planning ahead, I’ve tried to learn from mistakes that I’ve made in the past. (TO)

2) I often come up with unworkable plans. (R) (CS)

3) When I make decisions I primarily consider how I feel in the present moment. (R) (TO)

4) I prefer to take things as they come rather than set out with a specific plan of action. (R) (CS)

5) When I want to achieve something, I set goals. (CS)

6) When I stumble when I try to achieve something, it is difficult for me to get back on track. (R) (MF)

7) I have a good sense of how I can work towards my long-term goals in the present. (TO)

8) Developing a clear plan when I have a goal is important to me. (CS)

9) I think about my goal when I encounter obstacles to achieving it. (MF)

10) It is easy for me to lose track of long-term goals during my everyday routine. (R) (MF)

11) I spend very little time thinking about what my life will be in the future. (R) (TO)

12) Following a routine makes me feel stuck in a rut. (R) (CS)

13) I find it difficult to stick to my plans. (R) (MF)

14) I regularly spend time and energy now to get what I want in the future. (TO)

15) I achieve my goals by making steady progress. (CS)

16) I am able to resist distractions when I am focused on a goal. (MF)

17) I think about specific ways that I can achieve my goals. (CS)

18) I prefer my days to be spontaneous rather than scheduled. (R) (CS)

19) I am able to perform tasks that I find difficult or uninteresting if they help me achieve my goals. (MF)

20) It is hard for me to focus in the present on a goal that I have in the future. (R) (TO)
21) Developing detailed plans is stressful for me. (R) (CS)

22) If focusing on a goal makes me feel overwhelmed, I tend to stop working towards that goal. (R) (MF)

23) I reflect on past experiences to better anticipate situations that will distract me from my goals. (TO)

24) It is easy for me to see how my everyday actions are linked to my goals for the future. (MF)

25) I prioritize my happiness now over my feelings in the future. (R) (TO)

26) I tend to take big projects and break them down into small pieces. (CS)

27) I think of my actions today in terms of what they mean for tomorrow. (MF)

28) I can easily identify why I have not achieved goals in the past. (TO)

29) When it comes to achieving my goals, I think of any misstep as a failure. (R) (MF)

30) I do not spend much time thinking about my long-term goals. (R) (TO)

*Notes: an (R) indicates a reverse-coded item; (MF),(CS), and (TO) indicate which subscale an item was designed to represent.
Appendix B – Study Five State Response Frequencies

Figure 4

Figure 5

*Note: Data in each choropleth represents 1,086 cases out of the total sample of 1,192. The data represented here were cleaned of observations with missing or incomplete zip codes, or zip codes that did not have a match to a U.S. state. This cleaning to create these choropleths is distinct from the data cleaning prior to analysis of the data. In the bottom choropleth, Planfulness scores range from 1-5.
Appendix C – Histogram of Planfulness scores from Study Five

Figure 6

Histogram of 1,188 scores on the Planfulness Scale. Planfulness score was computed by averaging together item scores, with 1=low Planfulness and 5=high Planfulness ($M=3.61$, $SD=.44$).
Appendix D – Outcome Questionnaire used in Study 5B.

**INSTRUCTIONS: Read each of the following statements and decide how much you agree with each according to your beliefs and experiences. Please respond according to the following scale.**

1-Strongly disagree, 2-Disagree, 3-Neither disagree nor agree, 4-Agree, 5-Strongly agree

1) Overall, I have succeeded in achieving my past goals.

2) I struggle to meet deadlines.

3) I end up doing things at the last minute.

4) I meet my deadlines on time.

5) I follow through on my commitments to others.

6) I tend to miss appointments.

7) I have succeeded in overcoming obstacles to achieve my goals.

8) I am making progress toward a future goal of mine.

9) I reach my goals.
INSTRUCTIONS:

Take a moment to consider the activities, goals, and concerns you have for the next few months. We call these personal projects. All of us have a number of personal projects at any given time that we think about, plan for, carry out and sometimes (though not always) complete. Some projects may be focused on achievement (“Getting a raise”), and others on the process (“Enjoying a night out with my family”); they may be things we choose to do or things we have to do; they may be things we are working toward or things we are trying to avoid. Projects may be related to any aspect of your daily life, work, school, home, leisure, and community, among others. Please think about projects in this broad way.

Please take a few minutes and write down the top three personal projects that you are currently engaging in or considering for the next three months. Please choose a project that is specific enough that you could make tangible progress in about a month. For example, “be a better person” is too abstract; “be kind to a stranger at least three times per week” is better.

Project One:

Project Two:

Project Three: