

# Personal Growth Initiative Scale (PGIS)

Category: Wellbeing | Items: 9 | Time: ~2-3 min

## Description / When to Use

9-item measure of active, intentional engagement in personal growth and self-change.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 9 items in this scale. Estimated completion time: 2-3 min.

## Scale Items

1. I know how to change specific things that I want to change in my life.
2. I have a good sense of where I am headed in my life.
3. If I want to change something in my life, I initiate the transition process.
4. I can choose the role that I want to have in a group.
5. I know what I need to do to get started toward reaching my goals.
6. I have a specific action plan to help me reach my goals.
7. I take charge of my life.
8. I know what my unique contribution to the world might be.
9. I have a plan for making my life more balanced.

## Scoring Guide

Score according to instrument-specific rules. See original publication.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0–20	Low growth initiative	Consider counseling
21–35	Moderate growth initiative	Monitor
36–45	High growth initiative	Maintain

## Psychometric Properties

See original validation study for reliability and validity data.

## License

Free to use with citation.

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## Citation (APA Format)

Robitschek, C. (1998). Personal growth initiative: The construct and its measure. *Measurement and Evaluation in Counseling and Development*, 30, 183-198.

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URL: <https://psycnet.apa.org/record/1998-10649-001>

*Disclaimer: Sum all 9 items scored 0-5 (definitely disagree to definitely agree). Total range 0-45. Higher scores indicate greater personal growth initiative.*