

SELF-MOTIVATION QUIZ

For each statement, circle the score in the column that best describes you (based on the above scale). Please answer questions as you actually are (rather than how you think you should be), and don't worry if some questions seem to score in the 'wrong direction'.

Not at all	Rarely	Sometimes	Often	Very often
1	2	3	4	5

I'm unsure of my ability to achieve the goals I set for myself.	1	2	3	4	5
When working on my goals, I put in maximum effort and work even harder if I've suffered a setback.	1	2	3	4	5
I regularly set goals and objectives to achieve my vision for my life.	1	2	3	4	5
I think positively about setting goals and making sure my needs are met.	1	2	3	4	5
I use rewards (and consequences) to keep myself focused. For example, if I finish my report on time, I allow myself to take a coffee break.	1	2	3	4	5
I believe that if I work hard and apply my abilities and talents, I will be successful.	1	2	3	4	5
I worry about deadlines and getting things done, which causes stress and anxiety.	1	2	3	4	5
When an unexpected event threatens or jeopardizes my goal, I tend to walk away, set a different goal, and move in a new direction.	1	2	3	4	5
When I come up with a really good idea, I am surprised by my creativity. I figure it is my lucky day, and caution myself not to get used to the feeling.	1	2	3	4	5
I tend to do the minimum amount of work necessary to keep others (teacher, parents, boss) satisfied.	1	2	3	4	5
I tend to worry about why I won't reach my goals, and I often focus on why something probably won't work.	1	2	3	4	5
I create a vivid and powerful vision of my future success before embarking on a new goal.	1	2	3	4	5
TOTAL:					

SCORING: A lower score indicates you may need to learn strategies to increase motivation.

44-60 high - Wonderful! You get things done, and you don't let anything stand in your way. You make a conscious effort to stay self-motivated, and you spend significant time and effort on setting goals and acting to achieve those goals. You attract and inspire others with your success. Treasure this – and be aware that not everyone is as self-motivated as you are!

28-43 moderate - You're doing OK on self-motivation. You're certainly not failing – however, you could achieve much more. To achieve what you want, try to increase the motivation factors in all areas of your life.

12-27 low - You allow your personal doubts and fears to keep you from succeeding. You've probably had a few incomplete goals in the past, so you may have convinced yourself that you aren't self-motivated – and then you've made that come true. Break this harmful pattern now, and start believing in yourself again.

Source: "How Self-Motivated Are You?" Mind Tools : Essentials for an Excellent Career. www.mindtools.com