

Assessment Questionnaire: Self-motivation



The Sky's NO Limit

People often wonder what makes it hard for them to begin or complete activities and tasks. There are many factors which may play a role or serve to explain these difficulties. A critical one is self-motivation. Self motivation is the ability and desire to reach goals and succeed which is guided by your own hopes and dreams. How strong is your self-motivation? Are you better when you are internally or externally motivated? Are you naturally self-motivated and disciplined?

Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Completely False
2 = Mostly False
3 = Neither True or False

4 = Mostly True
5 = Completely True

1 2 3 4 5

1. I have always been someone who has a very strong drive to achieve.
2. I frequently think about how good I will feel when I accomplish what I have set out to do.
3. Most of the time, my biggest reward is the sense of accomplishment that comes with a job well done.
4. If asked about what motivates me to succeed, I would say that the number one factor is a sense of personal fulfillment, that I gave my all and did my best.
5. I am someone who begins a task with little prompting from others.
6. While it may feel good to get praise from others and make them feel proud, what is most important to me is how I feel I did.
7. I rarely require a lot of outside assistance to complete a project or activity.
8. Others have used words such as 'independent, self-starter, entrepreneurial, and go-getter' to describe me.
9. I have always really enjoyed solving challenges or problems or embarking on new journeys.
10. I believe that one of my strongest attributes is my ability to push myself to achieve.
11. When I think about the reward for doing something, the first thing I think about is the sense of accomplishment or achievement.
12. Feedback from teachers, bosses, and supervisors has often described my internal drive and dedication.
13. I feel great when I look back over some things that I have successfully done and I use this to get ready to do other things in the future.
14. I do not find difficulty with setting clear goals and timelines for myself.
15. One of the areas I pride myself on is my ability to get things done when they need to be done without being reminded by others.
16. When faced with a difficult or unclear situation, I often look at it like a challenge.
17. I can pump myself up to do something pretty easily.
18. I do not find it hard to describe to people my greatest dreams and aspirations.
19. Others have told me that my drive to push myself to do my best has resulted in my successes.
20. On a typical day, I do not need someone to go over my schedule or tasks with me, I know what needs to get done and when.
21. I typically approach new things with the attitude of 'try it first and if you need help, ask second.'
22. On several occasions, I have given myself a consequence for making a poor or less optimal decision. For instance, if I chose to eat an extra helping of dessert, I tell myself to work out an extra 10 minutes at the gym.
23. I do not often seem to benefit much from external rules, regulations, timelines, and deadlines.
24. There are some things I have done that I would feel good about even if no one else ever knew about them.
25. I do not frequently worry about how I am going to get myself to do something since I know I will get it done.
26. I seem to be less motivated by external rewards such as money or praise than others, and more motivated by my own evaluation.
27. My family members or friends have told me that they are impressed by how I have a tendency to pursue what I am passionate about.
28. When I was young, I did not often need to be told by my parents what to do, when to do it, and how to do it.
29. I consider myself to be someone who wants to succeed for myself, more so than for the recognition from others.
30. Even if something makes me feel slightly nervous or uncomfortable, I typically do not have too much trouble getting myself to do it.

31. Name

32. Email

33. Tel No,

Thank you for taking the time to fill out the form - we aim to respond to your form within 2 working days