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| The Self-Motivation Quiz |
| For each statement, put an “X” or “Checkmark outline “ in the column that best describes you. 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'. When you are finished, please click the 'Calculate My Total' button at the bottom of the test. |
|  | 12 Statements to Answer | Not at All | Rarely | Sometimes | Often | Very Often |
| 1 | I'm unsure of my ability to achieve the goals I set for myself.  |  |  |  |  |  |
| 2 | When working on my goals, I put in maximum effort and work even harder if I've suffered a setback. |  |  |  |  |  |
| 3 | I regularly set goals and objectives to achieve my vision for my life. |  |  |  |  |  |
| 4 | I have a positive mindset about setting goals and making sure my needs are met. |  |  |  |  |  |
| 5 | I use rewards (and consequences) to keep myself focused.  |  |  |  |  |  |
| 6 | I **believe** that if I work hard and apply my abilities and talents, I will be successful. |  |  |  |  |  |
| 7 | I worry about deadlines and getting things done, which causes stress and anxiety. |  |  |  |  |  |
| 8 | When an unexpected event threatens or jeopardizes my goal, I tend to walk away, set a different goal, and move in a new direction.  |  |  |  |  |  |
| 9 | When I come up with a really good idea, I consider it luck or a blessing, rather than skill or hard work. |  |  |  |  |  |
| 10 | I tend to do the minimum amount of work necessary to keep my boss and my team satisfied.  |  |  |  |  |  |
| 11 | I tend to worry about why I won't reach my goals, and I often focus on why something probably won't work.  |  |  |  |  |  |
| 12 | I create a vivid and powerful vision of my future success before starting on the path to achieve it. |  |  |  |  |  |
|  | Total number of answers in each column |  |  |  |  |  |
|  | Multiply Each Column By : | X1 | X2 | X3 | X4 | X5 |
|  |  |  |  |  |  |  |
|  | ADD ALL COLUMNS 1 – 5 TOGETHER |  |  |  |  |  |
|  | My SCORE |  |