



Self Motivation Assessment

So often we catch ourselves with too much to do and not enough time to get it all done. Other times we feel like there is too much time and not enough to do with it. On either extreme we can miss noticing whether our life is living us, or we are living our life. The difference comes in the form of a quality called self motivation. If you have a strong degree of self motivation, you will be able to persevere to create a life where your own priorities rise to the top. If your self motivation is weaker, you may feel at a loss to understand why life seems to ignore your desires and wishes, or why your life plays out according to others' expectations rather than your own.

If you want to learn more about the level of self motivation you have, and whether you find more motivation from internal or external sources and how that affects your ability to create the life you dream of, completing a simple assessment like the one below is the best place to start.

Instructions: Answer each question using the rating scale below. When you have answered all of the questions, enter your name and email address to receive your confidential Self Motivation Assessment report.

1 _____ 2 _____ 3 _____ 4 _____ 5
 Less True More True

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. I use this to get ready to do other things in the future.	
14. I do <i>not</i> 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 <i>not</i> . 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 <i>not</i> 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 <i>not</i> 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 <i>not</i> 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 and more motivated by my own evaluation of my performance.	
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 <i>not</i> 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.	

My Name Is:	
My Email Address Is:	

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Look forward to your Self Motivation Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center