

## HOW SELF MOTIVATED ARE YOU?

### FIND OUT BY TAKING THIS SHORT QUIZ

This worksheet is designed to help you evaluate the level of your motivation. Having confidence, feeling self assured and possessing positivity can help you to improve your level of personal motivation. Rate yourself on the following continuum for each statement.

*NEVER*

*SOMETIMES*

*ALWAYS*

**1**

**2**

**3**

**4**

**5**

- \_\_\_ 1. I set goals and expectations before I start a project.
- \_\_\_ 2. The goals I set for myself are challenging, but I generally have a good chance of making them.
- \_\_\_ 3. My expectations of a project generally come close to reality.
- \_\_\_ 4. I structure projects with as much variety as possible.
- \_\_\_ 5. When working on projects in which I have some choice, I choose activities in which I already have an interest.
- \_\_\_ 6. I designate a specific area of my work or living space for my project and schedule specific time to work on it.
- \_\_\_ 7. During the course of completing a project, I schedule regular time away from it.
- \_\_\_ 8. I build key progress markers or subgoals into my project plans so I can have tangible evidence of my progress along the way.
- \_\_\_ 9. I use written measurements such as checklists, matrices, or graphs to chart my progress with a project.
- \_\_\_ 10. I plan some sort of personal reward for every mini and major goal I achieve.