

The Motivation Assessment

The questions below are adapted from seemypersonality.com, and provide opportunity for you to conduct self-reflection, to consider what generally motivates you, and to consider how motivated you are generally. One sentence per question is sufficient for the assignment.

1. How important is your family in your life?
2. If something bad is about to happen, do you experience fear or nervousness?
3. Do you go out of your way to get what you want?
4. When you do well at something, do you love to keep at it?
5. Are you willing to try something new if you think it will be fun?
6. Is how you dress important to you?
7. When you get something that you want, do you feel excited or energized?
8. Does criticism or scolding hurt you quite a bit?
9. When you want something, do you go all-out to get it?
10. Do you often do things for no other reason than that they might be fun?
11. Is it hard for you to find time to do things such as get a haircut?

12. If you see a chance to get something you want, do you move on it right away?
13. Are you worried or upset when you think someone is angry at you?
14. When you see an opportunity for something you like, do you get excited right away?
15. Do you tend to act on the spur of the moment?
16. If you think something unpleasant is going to happen, do you get pretty “worked up”?
17. Do you often wonder why people act the way that they do?
18. When good things happen to you, does it affect you strongly?
19. Do you feel worried when you have done poorly at something important?
20. Do you crave excitement and new sensations?
21. When you go after something, do you use a “no holds barred” approach?