

# Self-Motivation Assessment Tool

**Instructions:**

This assessment tool is designed to enhance awareness of your level of self-motivation. For each statement below, place an "X" in the column that best describes you. Only one box per statement can be checked. Once completed, determine your total score and read the interpretation of your score, which includes ideas of ways to enhance your level of self-motivation.

		Very Rarely	Seldom	Some -times	Usually	Very Often
1	I'm confident in my ability to achieve goals I set for myself.					
2	When working on my goals, I put forth my best effort and work even harder if I've encountered a setback.					
3	I set <i>written</i> goals and objectives on an annual basis to achieve what I aspire for in life.					
4	I think positively about setting goals and working towards achieving them.					
5	I reward myself when accomplishing significant goals.					
6	I believe that if I work hard and apply my abilities and talents, I will be successful.					
7	I am aware of my deadlines and ensure I meet or exceed them.					
8	When an unexpected situation jeopardizes me from accomplishing a goal, I consider my options and work diligently towards still achieving it.					
9	My biggest reward after completing something is the satisfaction of knowing I've done a good job.					
10	I tend to put forth my best effort so that I feel proud of my work.					
11	I set challenging goals for myself.					
12	Before I embark on a new substantial goal, I clearly understand what is involved in the process, how long it will take to accomplish, and how it aligns with what is most important to me in my life.					
<b>ADD THE NUMBER OF "X'S" IN EACH VERTICAL COLUMN &amp; PLACE NUMBER IN YELLOW BOX:</b>						
		x 1	x 2	x 3	x 4	x 5
<b>TOTAL ASSESSMENT SCORE:</b>						

**Score Interpretation:**

Score	Interpretation
51 - 60	You are excellent at planning, prioritizing, and getting the right things done! You make a conscious effort to stay self-motivated and focused, spending significant time and effort on setting goals and achieving them. You inspire others with your perseverance, self-discipline, and great results, with continued success anticipated in your future. Be aware that not everyone is as self-motivated as you are, and you may need to exercise patience and understanding with others.
37 - 50	You're doing fairly well with your level of self-motivation; however, it appears you could be achieving greater results. To attain more of what you desire, consciously try to increase your level of initiative when setting challenging goals by intently focusing on what you want and following a defined action plan for accomplishing it.
Up to 36	You likely allow your personal doubts and/or fears to keep you from succeeding at times. You may not believe in your own skills, abilities and talents, which may have caused a lack of self-confidence and/or self-esteem. Start by setting small goals that with hard work, you know you can attain. Once you've achieved a few successes, reward yourself and celebrate these achievements. As you begin to gradually increase your level of stretch in your goals, be sure to build a strong, positive support system around you who can help you stay focused and determined.