



## Self-Motivation Quiz

For each statement, circle the score in the column that best describes you (based on the above scale). 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”.

Not At All	Rarely	Sometimes	Often	Very Often
1	2	3	4	5

I am confident in my ability to achieve the goals I set for myself.	1	2	3	4	5
I put in maximum effort on coursework related to my educational goals.	1	2	3	4	5
I set daily, weekly and semester goals that pertain to my academic success.	1	2	3	4	5
I think positively about goal setting exercises.	1	2	3	4	5
I use rewards and consequences to keep myself focused.	1	2	3	4	5
I believe that success is earned and not the result of luck.	1	2	3	4	5
I am not worried about deadlines.	1	2	3	4	5
I am not deterred by setbacks.	1	2	3	4	5
I set goals that are moderately difficult, and increase their difficulty as I reach them.	1	2	3	4	5
I regularly review my long-range career success goals and plans.	1	2	3	4	5
I view myself as a creative person.	1	2	3	4	5
I know the exact reasons why I am attending college.	1	2	3	4	5
I am acquainted with most campus resources and regularly use them.	1	2	3	4	5
I am confident in my problem solving skills.	1	2	3	4	5
I place myself in motivational and supportive environments.	1	2	3	4	5

**Total Score** \_\_\_\_\_

### Scoring:

**67-75 High** - You make a conscious effort to stay self-motivated, and you spend significant time and effort on setting goals and acting to achieve those goals. Treasure this – and be aware that not everyone is as self-motivated as you are!

**39- 66 Moderate**- You're doing OK on self-motivation. To achieve what you want, try to increase the motivation factors in a few areas of your life. Pick one of two statements that you scored a 1 or 2 on and make a plan to improve in these areas.

**0-38 Low** – You may be allowing your personal doubts and fears to keep you from succeeding. Break this harmful pattern now, and start believing in yourself again. Motivation can be learned and modeled. Make an appointment with the Success Center and develop a plan with a staff member to increase your self-motivation.

\*Adapted from the following sources:

Student Development, Louisiana State University-Shreveport. *Self-Motivation Quiz*

University Counseling and Consulting Services, University of Minnesota, *Quick-Scoring Achievement Motivation Quiz*