

## Self Motivation Quiz

**How self-motivated are you? Quiz. To find out about your levels of motivation.**

Personal goals can provide long-term direction and short-term motivation.

For each statement, say how much the statement applies to you, on a scale of 1 to 4, where

1 = not at all, 2 = sometimes, 3 = often, 4 = always.

	Contents	Always	Often	Sometimes	Not at all
1	I am surprised if I have a good idea.				
2	I use rewards to help me achieve my goals				
3	If I see that I'm not going to achieve one of my goals, I adjust it and keep going, or work harder to compensate				
4	If I see that I'm not going to achieve my goal, I abandon it.				
5	I find change difficult to manage.				
6	I am on the lookout for new opportunities.				
7	I believe that everyone can improve their skills if they try				
8	I don't think that it's possible to make big improvements in your skills when you're really bad at something				
9	I find it hard to persuade myself to take up opportunities				
10	If I don't like the idea of something, then I don't do it.				
11	I am disappointed if I don't achieve my goals				
12	I worry about what might go wrong with my work or life.				
13	It's better to take a job that you know you can do than one that will be hard.				

14	I set clear goals for myself.				
15	If a good opportunity arises, I jump at it.				
16	I set clear goals for myself.				
17	If a good opportunity arises, I jump at it.				
18	I review and update my goals regularly to make sure that they still apply.				
19	I do enough work to satisfy my boss, and don't worry too much about the rest.				
20	I look for ways to improve my work and skills.				
21	I don't like to take too many risks in case things go wrong				
22	I set high standards for myself.				

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