How Motivated Are You?

Choose the answer that best describes you.

You have an important goal. What do you usually do?

A. I make a plan and start working.

B. I think about it for some time and then start.

C. I start, but often stop.

D. I usually do nothing.

You fail at something important. What do you do?

A. Try again and change my approach.

B. Take a break and try again later.

C. Wait for someone to help me.

D. Give up.

You have a difficult task to complete. You usually:

A. Start with the most difficult part.

B. Start with an easier part.

C. Look for a reason to postpone it.

D. Avoid it.

Nobody checks whether you complete a task. You:

A. Do it because I want to achieve my goal.

B. Usually do it, but sometimes postpone it.

C. Do it only when necessary.

D. Probably don't do it.

You see someone who is better than you at something. You:

A. Feel inspired and try to learn from them.

B. Feel a little jealous but keep working.

C. Compare yourself with them.

D. Think, “I'll never be that good.”

You have a goal that will take several months to achieve. You:

A. Work on it regularly.

B. Work on it when I have time.

C. Work hard at first, then lose interest.

D. Prefer goals with quick results.

Someone criticizes your work. You:

A. Listen and use the feedback to improve.

B. Think about it and decide what is useful.

C. Feel upset and lose motivation.

D. Ignore the criticism.

You have a free evening. What are you most likely to do?

A. Work on something important to me.

B. Do something useful and then relax.

C. Relax and do nothing productive.

D. Spend the whole evening on social media or entertainment.

You suddenly have a new opportunity. You:

A. Take it and see what happens.

B. Think carefully before deciding.

C. Worry about whether I can do it.

D. Usually say no because it may be difficult.

When you achieve a goal, you usually:

A. Set a new goal.

B. Enjoy the result and then think about what's next.

C. Take a long break.

D. Don't usually set another goal.

Scoring

For each question:

A = 4 points

B = 3 points

C = 2 points

D = 1 point

34–40 — Highly motivated

You usually have clear goals, take action and keep going when things become difficult.

26–33 — Motivated

You are generally motivated, but your motivation sometimes depends on the situation.

18–25 — Moderately motivated

You can be motivated, but you may need stronger goals or a better plan.

10–17 — Low motivation

You may often postpone difficult tasks or lose motivation when things don't go as planned.

Speaking: “What motivates you?”

Part 1 — Your result

What was your score?

Were you surprised by the result?

Do you agree with your result? Why / why not?

Which question was the easiest for you to answer?

Which question was the most difficult?

Part 2 — Motivation

What motivates you most: money, success, recognition, competition, personal interest, or helping other people?

What makes you lose motivation?

Is failure a good or bad motivation?

Can a person be successful without being motivated?

What motivates you to achieve your goals?