Motivation Quiz

Do you know what it takes to rouse and encourage yourself? Take this simple quiz to discover how you rate in your ability to deal effectively with feelings of de-motivation.

Answer True/False to the following statements then scroll down to the end of the page to see how you did.

01. Failure can be a motivator.
02. No one can motivate another person for the long term.
03. Fear is an effective way to motivate people.
04. It is important to have some motivational reminders.
05. Everyone is motivated by the same thing.
06. Reading motivational books and listening to motivational tapes is a good way to motivate ourselves.
07. People who are motivated have more extroverted personalities than those who are not.
08. To maintain motivation, it is important to have balance in our lives.
09. Making wise choices is an important part of motivation.
10. Too much uncontrolled stress can cause us to lose motivation.
11. Keeping a record of our success and achievements can help us stay motivated.
12. Desire is a key factor in motivation.
13. Too high expectations can cause us to become de-motivated.
14. Having a plan can help us stay motivated.
15. It is important to have intangible goals to stay motivated.
16. We get motivation from our parents and important people in our life.
17. Success means different things to different people.
18. Personal organization can help us gain and sustain motivation.
19. It is important to celebrate from time to time as we move towards our goals.
20. Persistence is a key factor in motivation.

How to score yourself?
Score one point for every TRUE answer you made  with the exception of statement 3, 5, 7 and 16. Score one point for every FALSE answer for statement 3, 5, 7 and 16. Then total up your score.

What do your scores reveal?
< 11  If you scored within this range, you may need to relook what you think gets your going. You may need to realize that motivation is frequently self-generated and not necessarily something that others give us. We can all do much to motivate ourselves.
12-16 You are on the right track and may want to expand on the ways you already know to encourage yourself.
17-20 You have a good handle on the concept of self-motivation and know what it takes to motivate yourself. Put these into practice and you should have little problems maintaining momentum when the going gets rough.