Self Motivation quiz

1 I'm unsure of my ability to achieve the goals I set for myself.

2 When working on my goals, I put in maximum effort and work even harder if I've suffered a setback.

3 I regularly set goals and objectives to achieve my vision for my life.

4 I think positively about setting goals and making sure my needs are met.

5 I use rewards (and consequences) to keep myself focused. For example, if I finish my report on time, I allow myself to take a coffee break.

6 I believe that if I work hard and apply my abilities and talents, I will be successful.

7 I worry about deadlines and getting things done, which causes stress and anxiety.

8 When an unexpected event threatens or jeopardizes my goal, I can tend to walk away, set a different goal, and move in a new direction.

9 When I come up with a really good idea, I am surprised by my creativity. I figure it is my lucky day, and caution myself not to get used to the feeling.

10 I tend to do the minimum amount of work necessary to keep my boss and my team satisfied.

11 I tend to worry about why I won't reach my goals, and I often focus on why something probably won't work.

12 I create a vivid and powerful vision of my future success before embarking on a new goal. -