

Self-Motivation Test

What's your why? Pick an activity that you are currently working on (fitness, school, work, painting, ex.)

Rate each statement from **left** to **right** (I strongly agree ... I strongly disagree). For example, you may circle both a “1” and a “5” for two questions you completely agree with, or you may also circle “1” for two questions you agree and disagree with.

Here is the test:

- I couldn't go more than one day without doing this task
Agree|1—2—3—4—5|Disagree
- I usually think about what others will say about my results
Agree|5—4—3—2—1|Disagree
- I tend to lose track of time when performing this task
Agree|1—2—3—4—5|Disagree
- I usually become stressed and anxious when doing this task
Agree|5—4—3—2—1|Disagree
- I would wake up earlier just to do this task
Agree|1—2—3—4—5|Disagree
- I look forward to compliments after I complete this task
Agree|5—4—3—2—1|Disagree
- If I was the last person on earth, I would never do this task again
Agree|5—4—3—2—1|Disagree
- I don't really care what others will think about my results
Agree|1—2—3—4—5|Disagree
- I enjoy the challenge that comes with this task
Agree|1—2—3—4—5|Disagree
- I love the feeling of getting better at this task
Agree|1—2—3—4—5|Disagree
- I hope doing this task makes other people respect me
Agree|5—4—3—2—1|Disagree
- I rarely look forward to doing this task
Agree|5—4—3—2—1|Disagree

Go ahead and add up your total score:

If your score is below 36pts, you are higher on intrinsic motivation.

If your score is above 36pts, you are higher on extrinsic motivation.

What Is Intrinsic And Extrinsic Motivation?

We are all driven by a combination of *intrinsic* and *extrinsic* factors. Intrinsic motivation is the satisfaction we get in the process of doing something: the enjoyment, the satisfaction, the challenge, and self-improvement. It is a feeling within us. *Would still do this activity if there were nobody around to see you or hear about it?*

Extrinsic motivation is a desire to reach a *valued outcome*. It is result oriented: the social approval, the trophies and cash rewards, and the success.

Why Does This Matter?

Here's the deal: Everybody has both types of motivation. Each type has its own benefits, and is important in different ways.

Research has shown that elite athletes exhibit higher levels of intrinsic motivation. It has also found that intrinsic motivation is linked to *higher overall satisfaction* and enjoyment, with lower dropout rates.

Extrinsic motivation can also be very helpful. Having a partner that holds you accountable, whether that is in the gym, or for your business, can be very motivational. This provides social support, and that tends to make us happy.

Those who link extrinsic motivation (pay check / weight loss) to internal factors, such as their work ethic and diligence, can benefit from extrinsic motivation. It can also provide an extra motivational boost.

The dark side: extrinsic motivation is also linked to higher stress and anxiety. It tends to lower intrinsic motivation, meaning *the more you are motivated by valued outcomes, the less enjoyment and satisfaction you will receive in the process*.

3 Quick And Simple Steps To Increase Intrinsic Motivation

1. Measure your progress

When you monitor your progress, you can watch yourself improve. Make it a habit: if you're working out, track how long you exercise or how much weight you lift. If you're working on a project, track your productivity.

2. Set process goals

Set goals based around your effort level and how you want to feel when performing a task. Ex. “I want to feel relaxed half way through my run,” or “I want to stay focused and off the Internet while writing up this report.”

3. Control your routine

Whether you are working out on your own, with a trainer, or in a class, start to add in your own programming. Decide how many pushups you want to do or how long you want to run for. Decide to do yoga every morning when you wake up.

Putting it together

While it's normal to be driven by both internal *and* external factors, try to bring a little more focus to the process: the enjoyment and satisfaction from *doing* the activity. This has been proven to not only make you happier, but also contribute to overall better results.

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