## Date:

## Motivation Quiz: What motivates YOU?

To determine your dominant needs and what motivates you, circle or highlight a number: 1 (low end of the scale - disagree) through 5 (high end of the scale - agree) that represents your score for each statement.

| \# | Score |  |  |  |  | Statement |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 | 2 | 3 | 4 | 5 | I try very hard to improve on my past performance at school. |  |  |  |
| 2 | 1 | 2 | 3 | 4 | 5 | I enjoy competition and winning. |  |  |  |
| 3 | 1 | 2 | 3 | 4 | 5 | I often find myself talking to those around me about non-school matters. |  |  |  |
| 4 | 1 | 2 | 3 | 4 | 5 | I enjoy a difficult challenge. |  |  |  |
| 5 | 1 | 2 | 3 | 4 | 5 | I enjoy being in charge. |  |  |  |
| 6 | 1 | 2 | 3 | 4 | 5 | I want to be liked by others. |  |  |  |
| 7 | 1 | 2 | 3 | 4 | 5 | I want to know how I am progressing as I complete tasks. |  |  |  |
| 8 | 1 | 2 | 3 | 4 | 5 | I confront people who do things I disagree with. |  |  |  |
| 9 | 1 | 2 | 3 | 4 | 5 | I tend to build close relationships with classmates. |  |  |  |
| 10 | 1 | 2 | 3 | 4 | 5 | I enjoy setting and achieving realistic goals. |  |  |  |
| 11 | 1 | 2 | 3 | 4 | 5 | I enjoy influencing other people to get my way. |  |  |  |
| 12 | 1 | 2 | 3 | 4 | 5 | I enjoy belonging to groups and organizations. |  |  |  |
| 13 | 1 | 2 | 3 | 4 | 5 | I enjoy the satisfaction of completing a difficult task. |  |  |  |
| 14 | 1 | 2 | 3 | 4 | 5 | I often work to gain more control over the events around me. |  |  |  |
| 15 | 1 | 2 | 3 | 4 | 5 | I enjoy working with others more than working alone. |  |  |  |

- Numbers 1, 4, 7, 10, and 13 represent your need to succeed (achievement motives)
- Numbers 2, $5,8,11$, and 14 represent your need to be in control (power motives)
- Numbers 3, 6, 9, 12, and 15 represent your need make connections with others (affiliation motives)

Add up the total number of each column. The column with the highest score tells you your dominant needs and what motivates you the most: achievement, power, or affiliation.

Below, write about a time when you were influenced by your most dominant motivator (achievement, power, or affiliation).

