Motivation Inventory

Motivation is the force that pushes us forward towards our goals; it’s our drive. Without motivation, goals would not be achieved. Motivation is a very individual topic, so it’s very important to get to know yourself and discover what motivates you. Here are some questions for you to think about to evaluate your motivation.

1. Do you get intimidated and discouraged by large goals? If so, what happens as a result?

   - If you do, try setting very small goals and achieve them one after another. Many people like checklists because it gives them a sense of accomplishment when they check something off. Also, only focus on one thing at a time. When it comes to goals, you can only work on one at a time.

2. Do you have a role model that you can get inspired and motivated by? If so, who is it and how does this help you?

   - If not, find someone. Inspiration comes from those who have achieved what you want to achieve, so find a mentor that you can take notes and learn from.

3. How excited are you about what you are doing? Why?

   - Get excited about your studies! Students, especially early in their college career, change majors often. Find something that you are passionate and excited about. The work will then be much more pleasurable to do.

4. Does anyone else know about your goals? How could this help?
• If nobody but yourself knows your goals, then tell some people about it. These can be your family, friends, or colleagues. If nobody knows your goals, then nobody will be there checking in with you along the way. If people do, then they can hold you accountable and on track to reach your goals.

5. **Do you think about how difficult something is to achieve rather than the benefits of achieving it?** How does this affect your productivity?

• Try to be optimistic about your goals. Take energy and motivation from the benefits of reaching your goals.

6. **Do you try to deal with challenging times by yourself?** Why?

• You are not alone. Use the support system around you (family, friends, colleagues, and mentors) to lean on when you need help. A little chat with a friend can be the difference between you getting back to work refocused with a new attitude and giving up.