



# Self-Assessment Survey: Action and Motivation

## Instructions:

For each statement, rate yourself on a scale from 1 to 5, where 1 means "Strongly Disagree" and 5 means "Strongly Agree." Be honest in your responses to get the most accurate insights.

**1. I often find myself taking action towards my goals, regardless of how I feel.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

**2. I set clear daily or weekly goals that prompt me to take action.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

**3. I have a consistent routine that helps me stay on track with my goals.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

**4. I can overcome feelings of laziness or procrastination when I think about my long-term objectives.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree





**5. I am able to prioritize my tasks effectively, focusing first on those that are most crucial to my goals.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

**6. I regularly review and adjust my goals to ensure I am making progress.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

**7. When I face setbacks, I am quick to regroup and take action rather than dwelling on the obstacles.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

**8. I seek support or resources when I feel unmotivated, which helps me get back on track.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

**9. I reward myself for taking action towards my goals, even on days when I feel unmotivated.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree



**10. I reflect on my progress regularly, which motivates me to continue taking action.**

- 1: Strongly Disagree
- 2: Disagree
- 3: Neutral
- 4: Agree
- 5: Strongly Agree

**Scoring:**

- ✓ **41-50 points:** You are excellent at taking action towards your goals, regardless of your motivation levels. Continue refining your strategies to maintain this strength.
- ✓ **31-40 points:** You generally do well in taking action but sometimes struggle when motivation dips. Focus on building resilience and finding motivation in small successes.
- ✓ **21-30 points:** You have a moderate approach to action; however, fluctuations in motivation significantly impact your productivity. Consider establishing stronger routines and accountability measures.
- ✓ **11-20 points:** You often find it difficult to take action when not motivated. Work on setting smaller, more achievable goals to build your confidence and momentum.
- ✓ **1-10 points:** Taking action is a significant challenge for you, often hindered by low motivation. Start with very small steps and gradually increase your goals as you experience success.

