

Motivation Questionnaire

Motivation Questionnaire

This questionnaire is designed to assess a patient's motivational drivers, helping healthcare professionals better understand their engagement levels, internal and external motivators, and potential barriers to personal progress. It may be used during initial assessments, therapeutic sessions, or coaching contexts. However, this is NOT a diagnostic tool.

Patient information

Name:

Date of birth:

Gender:

Date of assessment:

Section 1: Core motivation factors

Rate the extent to which each statement applies to you using the scale below

I feel energized and enthusiastic about my daily tasks:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
-

Achieving personal goals is a strong motivator for me:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
-

I feel a strong sense of belonging in group settings:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
-

Being recognized for my efforts motivates me:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
-

I am most productive when I have the freedom to work independently:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
-

Career advancement is a key motivator in my life:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
-

I am driven by personal values and principles in decision-making:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
-

Financial rewards play a significant role in my motivation:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
-

Section 2: Ranking motivational drivers

Rank the following motivators in order of importance to you

Interest and enjoyment of the task:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
-

Recognition from others:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
-

Job or life stability:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
-

Opportunities to grow and learn:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
-

Independence and flexibility:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
-

Achievement and competitiveness:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
-

Ethical and value alignment:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
-

Financial compensation or security

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8

Section 3: Open-ended responses

What motivates you to keep going during challenging times?

Can you describe a recent situation where you felt especially driven or engaged?

What factors decrease your motivation or make it harder to stay focused?

Section 4: Internal vs. external motivation

For each statement below, select whether your motivation is primarily Intrinsic (driven by internal satisfaction), Extrinsic (driven by external rewards), or Both.

I engage in tasks because I find them interesting or enjoyable:

- ☐ Intrinsic
- ☐ Extrinsic
- ☐ Both

I prefer tasks that help me earn recognition or rewards:

- ☐ Intrinsic
- ☐ Extrinsic
- ☐ Both

I am motivated by the feeling of accomplishment rather than external praise:

- ☐ Intrinsic
- ☐ Extrinsic
- ☐ Both

I work hard when I know it will lead to career progression or financial gain:

- ☐ Intrinsic
- ☐ Extrinsic
- ☐ Both

Section 5: Clinical notes (to be completed by clinician)

Summary of key motivators:

Identified motivation barriers or challenges:

Clinical impressions/recommendations for support:

Healthcare professional information

Name:

License ID:

Signature:

Date of assessment: