

# Motivational Diagnostic Test

	<i>Very Seldom OR Not True or me</i>	<i>Seldom True of me</i>	<i>Some times True of me</i>	<i>Often True of me</i>	<i>Very Often True OR True of me</i>	Score
1. When I put in the hours, I am successful	1	2	3	4	5	_____
2. Uninteresting work defeats me	1	2	3	4	5	_____
3. I get into jams because I will get entranced by some temporarily delightful activity	1	2	3	4	5	_____
4. When I apply myself, I see the results	1	2	3	4	5	_____
5. I wish my job was enjoyable	1	2	3	4	5	_____
6. I take on new tasks that seem fun at first without thinking through the repercussions	1	2	3	4	5	_____
7. If I try hard enough, I will succeed	1	2	3	4	5	_____
8. My work activities seem pointless	1	2	3	4	5	_____
9. When a temptation is right before me, the craving can be intense	1	2	3	4	5	_____
10. I am confident that my efforts will be rewarded	1	2	3	4	5	_____
11. Work bores me	1	2	3	4	5	_____
12. My actions and words satisfy my short-term pleasures rather than my long-term goals	1	2	3	4	5	_____
13. I am persistent and resourceful	1	2	3	4	5	_____

14. I lack enthusiasm to follow through with my responsibilities  
 1            2            3            4            5 \_\_\_\_\_
15. When an attractive diversion comes my way, I am easily swayed  
 1            2            3            4            5 \_\_\_\_\_
16. Whatever problems come my way, I will eventually rise above them  
 1            2            3            4            5 \_\_\_\_\_
17. When a task is tedious, again and again I find myself pleasantly daydreaming rather  
 than focusing  
 1            2            3            4            5 \_\_\_\_\_
18. I have a hard time postponing pleasurable opportunities as they gradually crop up  
 1            2            3            4            5 \_\_\_\_\_
19. I can overcome difficulties with the necessary effort  
 1            2            3            4            5 \_\_\_\_\_
20. I don't find my work enjoyable  
 1            2            3            4            5 \_\_\_\_\_
21. I choose smaller but more immediate pleasures over those larger but more delayed  
 1            2            3            4            5 \_\_\_\_\_
22. Winning is within my control  
 1            2            3            4            5 \_\_\_\_\_
23. If an activity is boring, my mind slips off onto other diversions  
 1            2            3            4            5 \_\_\_\_\_
24. It takes a lot for me to delay gratification  
 1            2            3            4            5 \_\_\_\_\_

To score, add each of the following questions:

Expectancy = 1 + 4 + 7 + 10 + 13 + 16 + 19 + 22 \_\_\_\_\_

Value = 2 + 5 + 8 + 11 + 14 + 17 + 20 + 23 \_\_\_\_\_

Delay = 3 + 6 + 9 + 12 + 15 + 18 + 21 + 24 \_\_\_\_\_