

# Motivation Questionnaire

*Disclaimer: 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: <b>1 = Strongly disagree   2 = Disagree   3 = Neutral   4 = Agree   5 = Strongly agree</b>					
Statement	1	2	3	4	5
I feel energized and enthusiastic about my daily tasks					
Achieving personal goals is a strong motivator for me					
I feel a strong sense of belonging in group settings					
Being recognized for my efforts motivates me					
I am most productive when I have the freedom to work independently					
Career advancement is a key motivator in my life					
I am driven by personal values and principles in decision-making					
Financial rewards play a significant role in my motivation					
Section 2: Ranking motivational drivers					
Rank the following motivators in order of importance to you: <b>1 = Most important, 8 = Least important</b>					
Interest and enjoyment of the task					
Recognition from others					
Job or life stability					
Opportunities to grow and learn					
Independence and flexibility					
Achievement and competitiveness					
Ethical and value alignment					
Financial compensation or security					

### Section 3: Open-ended responses

1. What motivates you to keep going during challenging times?

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

3. 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**.

Question	Intrinsic	Extrinsic	Both
I engage in tasks because I find them interesting or enjoyable			
I prefer tasks that help me earn recognition or rewards			
I am motivated by the feeling of accomplishment rather than external praise			
I work hard when I know it will lead to career progression or financial gain.			

**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:**