

# Motivation questionnaire



This questionnaire will allow you to determine how motivated you feel in your current role.

Score each of the 20 statements below using the following scale:

5 = I fully agree

3 = I'm not sure

1 = I fully disagree.

## **Scores:**

A score of between 60 – 100 means you are highly motivated and work in an organisation that values your contribution. Good for you!

A score between 40 – 60 means you lack some motivation, but have sufficient to continue working in your organisation. Look at the questions that you marked with a low score and address these with your boss.

A score between 20 – 40 means you are lacking motivation and that the organisation in which you work has a poor structure for motivating you. You should evaluate your job carefully and decide on a plan of action.

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1. The mission or purpose of my organisation makes me feel my job is important.
2. I know what results are expected of me.
3. The quantity of my work is enough to keep me busy but not too much to over-burden me.
4. There is sufficient variety at work to maintain my interest.
5. My boss leads by example.
6. I have the opportunity to do what I do best every day.
7. I have all the materials and equipment I need to do my best every day.
8. I know what my boss thinks of my performance.
9. The relationship with my boss enables me to be open when discussing work problems and concerns.
10. I have friends at work.
11. In the last seven days I have received recognition or praise for doing good work.
12. My boss keeps me informed about what is going on.
13. I have opportunities to innovate and work on my initiative.
14. My boss or someone at work seems to care about me as a person.
15. I am free to choose my own method of working.
16. I am adequately remunerated for what I do.
17. Working relationships in my team are good.
18. I am consulted and my opinions seem to count.
19. In the last year I have had opportunities to learn and develop.
20. In the last 6 months, someone has talked to me about my progress.