



Motivation Inventory

1.	My work area is an ideal place in which to work.	Agree	①	②	③	④	⑤	Disagree
2.	I never picture a bright future for myself.	Agree	①	②	③	④	⑤	Disagree
3.	I work with difficult people.	Agree	①	②	③	④	⑤	Disagree
4.	The colours in my work area really energise me.	Agree	①	②	③	④	⑤	Disagree
5.	I think it is possible to look at anything in a positive way.	Agree	①	②	③	④	⑤	Disagree
6.	Food has no impact on my mood.	Agree	①	②	③	④	⑤	Disagree
7.	I regularly set goals for myself.	Agree	①	②	③	④	⑤	Disagree
8.	It's impossible to look at everything in a positive way.	Agree	①	②	③	④	⑤	Disagree
9.	I exercise regularly.	Agree	①	②	③	④	⑤	Disagree
10.	I plan each day carefully.	Agree	①	②	③	④	⑤	Disagree
11.	I rarely feel well rested when I wake up in the morning.	Agree	①	②	③	④	⑤	Disagree
12.	I frequently visualise inspirational scenes.	Agree	①	②	③	④	⑤	Disagree
13.	My work area is poorly designed.	Agree	①	②	③	④	⑤	Disagree
14.	I have specific goals for my future.	Agree	①	②	③	④	⑤	Disagree
15.	I do aerobic exercises several times a week.	Agree	①	②	③	④	⑤	Disagree
16.	I really like the people with whom I work.	Agree	①	②	③	④	⑤	Disagree
17.	When I need a boost certain foods and drinks really help me.	Agree	①	②	③	④	⑤	Disagree
18.	Goal setting has no effect on performance.	Agree	①	②	③	④	⑤	Disagree
19.	I always get a good night sleep.	Agree	①	②	③	④	⑤	Disagree
20.	I can look at anything in a positive way.	Agree	①	②	③	④	⑤	Disagree
21.	My work area is designed to help me perform at my peak.	Agree	①	②	③	④	⑤	Disagree
22.	I have no long-term goals.	Agree	①	②	③	④	⑤	Disagree
23.	Goal setting improves performance.	Agree	①	②	③	④	⑤	Disagree
24.	Daydreaming about a positive future is a waste of time.	Agree	①	②	③	④	⑤	Disagree