

Motivation Worksheet

Goal/Task: _____

I/E=Intrinsic/Extrinsic, P/N=Positive/Negative, O/P=Outcome/Process, LoC=Locus of Control (%), Sup=Support (%), Int= Intensity (%).

Instruction:

- Fill in your goal/task
- List as many motivational factors as possible
- In the I/E column, if your motivational factor is intrinsic, mark “I.” If it is extrinsic, mark “E.” If you see more “E”s, come up with more “I” factors to add.
- In the P/N column, if your motivational factor is positive, mark “P.” If it is negative, mark “N.” If you see more “N”s, brainstorm ways to convert your “N” factors into “P” factors (e.g. “I need to practice more so I won’t mess up” to “I will practice more because I want to master this skill”).
- In the O/P column, if your motivational factor is about outcomes, mark “O.” If it is about process, mark “P.” If you see more “O”s, come up with more “P” factors to add.
- In the LoC column, if your motivational factor is under external control, mark “E.” If it is under your control, mark “I.” If you see more “E”s, come up with more “I” factors to add.
- In the Sup column, express how much support is tied to your motivational factor, expressed in percentage.

Example motivational factor = “I want to become a professional athlete.”

If your family believes in your dream and support you, your sup % may be high. If your family is critical of your dream and think you should focus on school instead, your sup % may be lower.

If you notice lower sup %, please brainstorm ways to increase support around your motivational factors and/or come up with additional factors with higher sup % to add.

- For the Int column, express how intense your motivational factor feels to you, expressed in percentage.

Example motivational factor = “I want to become a professional athlete.”

If you feel that this is the only thing that matters to you and the only purpose for your life, Int % may be quite high. If you feel that it is your main goal but do have rooms for other goals and purpose in your life, your Int % may be lower.

If you notice very high Int % such as 90% to 100%, please take a moment to explore if there are any drawbacks from excess devotion to your motivational factor. For this exercise, it would be effective to ask other people in your life to gain objective feedback.