

Name, surname: .....

Date: .....

This questionnaire is designed to help you better understand the difficulties you experience in motivating yourself to achieve your goals, based on M. E. Ford's (1992) model of motivation.

**What goal would you currently like to pursue?**

.....

Think about this goal and answer the following questions by circling the number that best reflects your current situation.

1. How clear is this goal to you?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Completely*

2. How important is this goal to you?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Completely*

3. How much of a priority is this goal compared with your other goals?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Completely*

4. How confident are you that your abilities will enable you to achieve this goal?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Completely*

5. How confident are you that your environment will facilitate achieving this goal?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Completely*

6. To what extent do you experience negative emotions (e.g., anxiety or boredom) regarding this goal?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Completely*

7. To what extent do you experience positive emotions (e.g., joy or hope) regarding this goal?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Completely*