**Motivation Workstyle Scale Questionnaire**

Increasing awareness of your personal motivational approach can be beneficial for reflecting on what behaviors may be helping or hurting your ability to accomplish tasks and reach your goals.

For the following statements, circle the number that best describes how you approach your work:

1. **I always get my work completed on time.**

[4] Perfectly describes me

[3] Describes me somewhat

[2] Does not describe me

[1] Does not describe me at all

1. **The quality of my work is superior.**

[4] Perfectly describes me

[3] Describes me somewhat

[2] Does not describe me

[1] Does not describe me at all

1. **It takes a looming deadline to motivate me.**

[4] Perfectly describes me

[3] Describes me somewhat

[2] Does not describe me

[1] Does not describe me at all

1. **I do my best work under pressure.**

[4] Perfectly describes me

[3] Describes me somewhat

[2] Does not describe me

[1] Does not describe me at all

1. **I like to get started on the project right away.**

[4] Perfectly describes me

[3] Describes me somewhat

[2] Does not describe me

[1] Does not describe me at all

**Motivation Workstyles**

**PLANNER**

If you scored higher on items A, B, and E, then you may approach work as a **Planner.**

**Planners are:**

* Self-motivated
* Strategize their work
* Tend to start right away even on the long-term project

**INCUBATOR**

If you scored higher on items A, B, C, and D, then you may approach your work as an **Incubator**.

**Incubators:**

* Thrive on deadlines
* Put off work till the last minute but always complete work on time
* Produce high quality work

**TRIFLER**

If you scored higher on item E and low on items A and B, then you may approach work as a **Trifler**.

**Triflers:**

* Start work early but get distracted and lose interest easily

**PROCRASTINATOR**

If you scored higher on items C and D and low on items A and B, then you may approach work as a **procrastinator.**

**Procrastinators:**

* Put off work until the last minute
* Often hand in mediocre work

**Reflection**

Reflect upon your score and which workstyle best describes how you approach work.

* Does your score match how you think you approach your goals and tasks? If so, what are some of your behaviors that match that workstyle? If not, which workstyle do you think resonates with you and why?
* How does your workstyle benefit or hinder you from accomplishing your goals? Are there any habits associated with your current workstyle that prevent you from completing tasks? If so, consider 2-3 behaviors or habits you would like to improve upon or change and keep these in mind for the next activity.