

What Motivates You?

Using the scale below, rate how much you agree with each statement. How true is each statement of you, in general?

Not at all true **Somewhat true** **Very true**
1 2 3 4 5 6

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|---|---|---|---|---|---|---|
| 1. It is very important to me to do well compared to others. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I like having friends who can teach me something about myself, even if it isn't always positive. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I am always seeking opportunities to develop new skills and acquire new knowledge. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I really care about making a good impression on other people. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. It's important to me to show that I am smart and capable. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I strive to have open and honest relationships with my friends and acquaintances. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I strive to constantly learn and improve myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. When I am with other people, I think a lot about how I am "coming across" to them. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I feel good about myself when I know that other people like me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. I try to do better than others (e.g., classmates, colleagues). | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. I like to be in relationships that challenge me to change for the better. | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. I am usually focused on demonstrating my ability. | 1 | 2 | 3 | 4 | 5 | 6 |

A. Add up your scores from numbers: 1+4+5+8+9+10+12 = _____ ÷ 7 = _____

B. Add up your scores from numbers: 2+3+6+7+11 = _____ ÷ 5 = _____

Which score is higher? If you are like most people, you pursue both kinds of goals to some extent. Which do you pursue more?

A = BE GOOD mindset

B = GET BETTER mindset

for more information about mindset and other performance strategies, visit **Peak Performance for Musicians**:

