Psychological and social motivations may not be why people start moving, but often they are the reasons people continue. Knowing the source of your motivations can help you incorporate daily physical activity into your lifestyle.

**Answering the Questions**
Following are sets of questions to help identify your motives to move. There are no right or wrong answers, or good or bad scores. This self-appraisal simply helps identify motives that may be important to you. As you review each statement, record your response using the following guidelines:

* if you generally agree with the statement, indicate “Yes”
* if you generally disagree with the statement, indicate “No”
* if you sometimes agree yet at other times would disagree, indicate “I” for “In between”

### Self-Esteem

**1.** I usually feel people are superior to me when I compare myself to others.

**2.** When I make mistakes, I get mad at myself.

**3.** It’s difficult for me to accept myself the way I am.

**4.** I generally would prefer to be someone other than who I am.

**5.** Little that I do or say has much merit.

**Your Score = _____** (0 to 10 points)

### Achievement

**1.** Establishing goals and striving to accomplish them gratifies me.

**2.** In all facets of my life, I seek to improve myself.

**3.** Challenging but practical goals help me to achieve and do my best.

**4.** Without setting specific goals, it’s difficult to be a success in life.

**5.** Failure is not in my vocabulary.

**Your Score = _____** (0 to 10 points)
## Moods and Tension

1. I often have the “blues” and feel disheartened.
2. I regularly feel “on edge.”
3. People call me a “worry wart.”
4. Constant tension results in a lot of physical aches and pains.
5. I have lots of mood swings.

Your Score = _____ (0 to 10 points)

## Stress

1. During the last year, I have experienced many changes.
2. My job creates a lot of stress in my life.
3. I seldom feel at ease.
4. Over the last 12 months, stress has resulted in my feeling overwhelmed.
5. I deal with a lot of pressure every day.

Your Score = _____ (0 to 10 points)

## Netural

1. I worry about losing my vitality as I grow older.
2. I devote time and energy to doing things to stay young.
3. The thought of growing old frightens me.
4. I am aware of all the gradual signs of aging in my physical and mental functioning.
5. Keeping up a youthful lifestyle is important to me.

Your Score = _____ (0 to 10 points)

## Sociability

1. I feel completely at ease at parties and social gatherings.
2. I have lots of good friends, and I make time to be with them.
3. I typically make it a point to find people to do things with rather than doing things alone.
4. I usually feel energized when I spend a lot of time with people.
5. I have a habit of striking up conversations with complete strangers.

Your Score = _____ (0 to 10 points)
Scoring
Total the points for each motive. The scoring procedure is as follows:
- 2 points for a “Yes”
- 1 point for an “I” or “In Between”
- 0 points for a “No”

Record your scores in this chart.

<table>
<thead>
<tr>
<th>Self-esteem</th>
<th>Achievement</th>
<th>Moods &amp; Tension</th>
<th>Quest for Youth</th>
<th>Playfulness</th>
<th>Sociability</th>
<th>Stress</th>
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If your score is:
- 0 to 3: Low
- 4 to 6: Moderate
- 7 to 10: High

Motives to Move Profile
The profile you have created identifies things that may motivate you. These motivators can help you determine physical activities you will find most rewarding and enjoyable. Review your scores, and select your top 3. If you have tie scores, you will have more than three. Write the motivators and their scores in the box below.

Evaluate each motive and its relative importance. Although scores for two motives may be similar, one motive may feel more important to you than the other. Compare scores, and then evaluate and rank them by assigning #1 to the most important, and so on.

Review the attached chart, Matching Motive to Activity, and identify activities that reinforce or enhance your top-ranking motives. Note activities that you would like to explore.

Adapted from The Exercise Habit by J. Gavin and Moving Away from Diets by K. Kratina, N. King, & D. Hayes.
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