

1. What Type of Motivation Drives You?

Tick the statements that sound most like you. This shows whether intrinsic or extrinsic motivation currently drives your effort.

Intrinsic signs

- ☐ I would still do this even if no one noticed.
- ☐ I lose track of time while doing it.
- ☐ I feel proud of the process, not just the result.

Extrinsic signs

- ☐ I need a deadline or reward to start.
- ☐ I stop once the reward or praise ends.
- ☐ I mainly compare my result to others.

2. Motivation Factor Self-Check

Rate each factor honestly from 1 (very weak right now) to 5 (very strong right now).

Factor Type	Factor	1	2	3	4	5
Internal	Self-belief in your own ability (self-efficacy)	☐	☐	☐	☐	☐
Internal	Personality traits like discipline and resilience	☐	☐	☐	☐	☐
External	Support from family, friends, or colleagues	☐	☐	☐	☐	☐
External	Environment (calm, distraction-free space to work)	☐	☐	☐	☐	☐
Situational	Clarity of your current goal	☐	☐	☐	☐	☐
Situational	How often you get feedback on your progress	☐	☐	☐	☐	☐

3. Your Motivation Type (Quick Score)

Add up your Internal, External, and Situational scores separately. The category with the lowest total is where to focus first.

Internal Total: _____

External Total: _____

Situational Total: _____

■ 4. Break Down One Goal

Pick one goal connected to your personality development. Keep it specific, not vague.

My goal:

Why this matters to me:

Smallest first step (something doable today):

How I will track progress:

My accountability partner:

■ 5. 7-Day Motivation Tracker

Mark a tick for each day you took at least one step toward your goal. Note your motivation level (1-5).

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

■ 6. Weekly Reflection

Which day was I most motivated, and what was different about it?

Which one factor (internal, external, or situational) needs the most work next week?

One thing I will repeat next week:

Remember:

personaguru.in | Motivation in Personality Development: A Complete Guide

Motivation gets you started. Small, tracked habits are what keep you going.