Discovering Motives to Move

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”

<table>
<thead>
<tr>
<th>Self-Esteem</th>
<th>Achievement</th>
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<tbody>
<tr>
<td>___ 1. I usually feel people are superior to me when I compare myself to others.</td>
<td>___ 1. Establishing goals and striving to accomplish them gratifies me.</td>
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<td>___ 2. When I make mistakes, I get mad at myself.</td>
<td>___ 2. In all facets of my life, I seek to improve myself.</td>
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<td>___ 3. It’s difficult for me to accept myself the way I am.</td>
<td>___ 3. Challenging but practical goals help me to achieve and do my best.</td>
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<td>___ 4. I generally would prefer to be someone other than who I am.</td>
<td>___ 4. Without setting specific goals, it’s difficult to be a success in life.</td>
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<tr>
<td>___ 5. Little that I do or say has much merit.</td>
<td>___ 5. Failure is not in my vocabulary.</td>
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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)

### Quest for Youth

___ 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)

### Playfulness

___ 1. I consider myself to be a playful person.  
___ 2. People tell me I am fun to be with.  
___ 3. I like to play games and sports just for the fun of it.  
___ 4. My sense of humor is one of my most valued assets.  
___ 5. I have an easy time getting into a playful spirit.

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 what types of physical activity 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 name of the motives and their scores in the box below.

<table>
<thead>
<tr>
<th>High Scoring Motivators</th>
<th>Score</th>
<th>Rank</th>
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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.