

## Exercise Motivation Self-Evaluation

**How powerful is each of the following factors in motivating or un-motivating you to exercise?** Rate each factor from 0-5. 0=doesn't influence me at all; 1= influences me strongly for the worse; 2=influences me for the worse; 3=sometimes for the worse, sometimes for the better; 4=influences me for the better; 5= influences me strongly for the better. You may circle more than one, as needed.

### **Demographic/Biological**

1. Age
2. Gender
3. Illness or health conditions
4. Physical shape

### **Psychological/Cognitive/Emotional**

5. Current state of mental health
6. Emotions/moods
7. Life stress
8. Insecurity
9. Feeling good about myself
10. Wanting to feel happier
11. Overcoming mental illness
12. Wanting to feel calmer
13. Desire for greater mental clarity
14. Desire to increase creativity
15. Wanting to feel more relaxed
16. Worries
17. Fear of failure
18. Wanting to get/stay off medications

19. Fear of ridicule
20. Spirituality
21. Desire to sleep better
22. Eating habits
23. Feeling competent at exercise
24. Expectations of exercise
25. How I feel after I exercise
26. Negative self-talk/thinking
27. Desire for happiness
28. Impact on mental health

**Behavioral/Body/Lifestyle**

29. Poor planning/scheduling of exercise
30. Priorities
31. Laziness
32. Perfectionism
33. Kids/family responsibilities
34. My enjoyment of exercise (fun)
35. Lack of sleep/fatigue
36. Busyness
37. Work
38. Smoking, drugs, alcohol
39. Impact of exercise on my quality of life
40. Being physically healthier now
41. Being in shape

42. Long-term health gains
43. Overcome bad habits
44. Losing weight
45. Long-term behavioral improvements
46. Being “thinner”
47. Increasing muscle mass
48. Being mentally healthier
49. Knowing the physical benefits of exercise
50. Knowing the mental health benefits of exercise
51. Being “buff” or “ripped”
52. Personal beliefs/values
53. My attitude
54. Feeling bored by exercise
55. Time it takes to exercise
56. Injury or soreness
57. Physical distress from exercise
58. External rewards (music, food, social connection, and so on)
59. Accountability to others

**Socio-Cultural/Environmental**

60. Family of origin beliefs/attitudes
61. Current family’s attitudes/beliefs
62. Cultural norms/acceptance
63. Making friends
64. Support from family/friends

65. Financial issues
66. Exercise accessibility
67. Desire to strengthen relationships
68. Transportation to exercise
69. Weather
70. Satisfaction with exercise facilities/programs/professionals
71. Desire for social connection
72. Social pressures or distress
73. Safety concerns
74. Desire to live longer
75. Desire to be healthier for my family

### **When You've Completed the Self-Evaluation . . .**

Go back and look over your answers. Meet with a friend, spouse/partner, counselor, or with your accountability partner, and discuss the results. Ask yourself, “Why does this influence my motivation (for better or worse)?” Then, explain it out loud. Explaining it to someone else will help you better understand your exercise motivations. Use what you learn from this assessment to create your exercise for mental health goals and plan.