

AMBITION QUESTIONNAIRE

For each statement, rate how strongly it describes you.
Circle 1-5 for each item.

1 = Not like me at all 2 = A little like me 3 = Sometimes like me 4 = Often like me 5 = Very much like me

Sport

1. I try to be the best I can be in sports or physical activities. 1 2 3 4 5

2. I set goals for improving my performance (speed, stamina, technique, etc.). 1 2 3 4 5

3. I feel motivated to win or do well when competing. 1 2 3 4 5

Rating score – ☐

Schoolwork

4. I want to improve my marks this year. 1 2 3 4 5

5. I push myself to do my best in classwork and homework. 1 2 3 4 5

6. I feel proud when I achieve something academically. 1 2 3 4 5

Rating score – ☐

Personal growth

7. I try to improve myself by learning new skills or hobbies. 1 2 3 4 5

8. I like taking on challenges that help me grow. 1 2 3 4 5

9. I think about my future and what I want to achieve. 1 2 3 4 5

Rating score – ☐

Helping others

10. I want to make a positive difference in other people's lives. 1 2 3 4 5

11. I try to be a supportive teammate, classmate, or friend. 1 2 3 4 5

12. I put effort into helping others reach their goals too. 1 2 3 4 5

Rating score – ☐

Where are you most ambitious?

Sport/Schoolwork/Personal growth/Helping others

Complete the following sentence:

I might put someone else's success before my own when...