

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...