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| 1. I feel most successful in sport when I learn a new skill by trying hard |
| 2. I feel most successful in sport when I learn a new skill and it makes me want to practice more |
| 3. I chose this sport based on a friend being involved |
| 4. I feel most successful in sport when I work really hard |
| 5. I feel most successful in sport when I learn something that is fun to do |
| 6. I prefer sport activities that focus on individual achievement vs. group achievement |
| 7. I need to participate in sport-related activity to feel good about myself |
| 8. I feel most successful in sport when I am the only one who can do the play or skill |
| 9. I feel most successful in sport when others mess up but I do not |
| 10. I feel most successful in sport when I can do better than my friends |
| 11. I feel most successful in sport when I do my very best |
| 12. I choose sport activities based on who else in involved |
| 13. The sport I choose to participate in needs to be something I can look good in |
| 14. My health depends on being active |
| 15. I feel most successful in sport when the others cannot do as well as me |
| 16. I am satisfied with my current physique |
| 17. I feel most successful in sport when I score the most points/goals/hits, etc. |
| 18. I feel most successful in sport when a skill I learn really feels right |
| 19. I feel most successful in sport when something I learn makes me want to go practice more |
| 20. I feel most successful in sport when I am the best |
| 21. I participate in sport activities that help control my weight |
| 22. I have the time I need to participate in sport-related activities |
| 23. I need physical activity often |
| 24. Winning is important to me |
| 25. I enjoy competitive sport activities |