

### How ambitious are you?

Ambition is the desire to succeed and achieve.

For a person to become an expert or earn a specific credential or degree, it may require setting certain goals and taking risks to get there.

This trait can be positive or negative; little ambition can mean never reaching one's goals, and excessive ambition can mean ignoring other areas of life. See where you fall on this ambition scale.

Using the key below, answer the questions based on how strongly you agree or disagree with the statement.

1. I am motivated to succeed. **DISAGREE AGREE** 2. I want to stay in my comfort zone. **DISAGREE AGREE** 3. I have a solid vision of what I want to achieve. DISAGREE **AGREE** 4. I am willing to take risks to reach my goals. **DISAGREE AGREE** 



5. I am organized in completing my tasks.



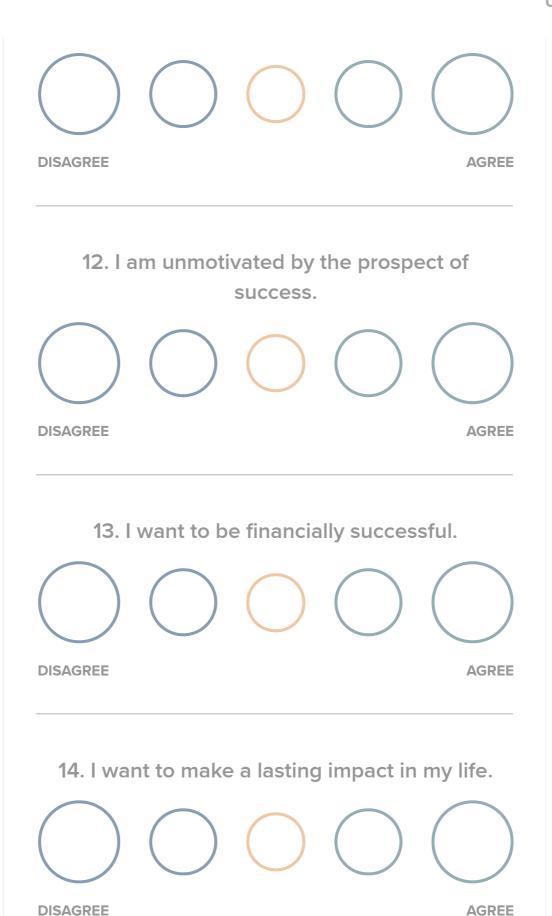
6. New opportunities will help me succeed.



7. I feel aimless; I need more purpose in what I am doing.









15. I am focused on set goals.

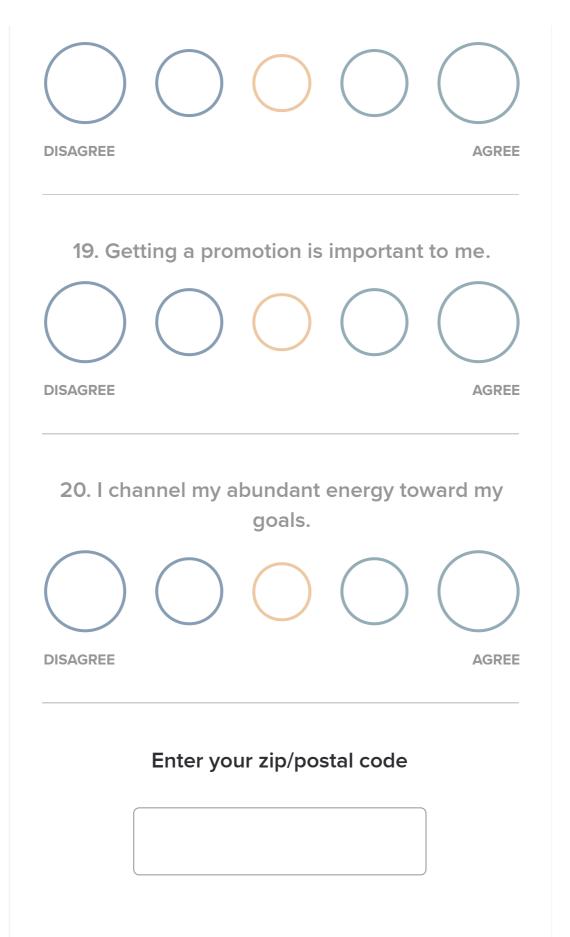


16. I am willing to make sacrifices to reach my goals.



17. Achievement is overrated.





of ambition. It's designed for adults and is not intended to be diagnostic.

We value your privacy - <u>see how we protect the info you</u> <u>provide</u> when you take this test.

#### Get Help With Your Career

If you feel you need guidance in managing this part of life, you can seek a mental healthcare professional in your area via the <u>Psychology Today Therapy Directory</u>.

#### **Sources**

Hogan and Hogan, et al. The Hogan Personality
Inventory

Rothwell, et al. Ambition Scale

B. Bass, B. Avolio. The Multifactor Leadership Questionnaire (MLQ). Consulting Psychologists Press.

Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly,D.R. (2007). Grit: Perseverance and passion for long-term goals. Journal of Personality and SocialPsychology, 9, 1087-1101.

Striving for success: Towards a refined understanding and measurement of ambition

A.Hirschi, D.Spurk. Journal of Vocational Behavior

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