The Inspiration Scale

1. I experience inspiration.

1a. How often does this happen?	1 never	2	3	4	5	6	7 very often
1b. How deeply or strongly (in general)?	1 not at all	2	3	4	5	6	7 very deeply or strongly

2. Something I encounter or experience inspires me.

2a. How often does this happen?	1 never	2	3	4	5	6	7 very often
2b. How deeply or strongly (in general)?	1 not at all	2	3	4	5	6	7 very deeply or strongly

3. I am inspired to do something.

3a. How often does this happen?	1 never	2	3	4	5	6	7 very often
3b. How deeply or strongly (in general)?	1 not at all	2	3	4	5	6	7 very deeply or strongly

4. I feel inspired.

4a. How often does this happen?	1 never	2	3	4	5	6	7 very often
4b. How deeply or strongly (in general)?	1 not at all	2	3	4	5	6	7 very deeply or strongly

Scoring:

- To determine how ***frequently you feel inspired***, add your scores for items 1a, 2a, 3a, and 4a.
- To determine your ***current level of inspiration***, add your scores for items 1b, 2b, 3b, and 4b.
- For each subscale, a score of 28 indicates the highest possible level of inspiration, and a score of 4 indicates the lowest possible level.

Reference: Thrash, T. M., & Elliot, A. J. (2003). Inspiration as a psychological construct. *Journal of Personality and Social Psychology, 84*, 871-889.

Link: http://www.ppc.sas.upenn.edu/inspirationscale.pdf