

Locomotion Scale

INSTRUCTIONS: Read each of the following statements and decide how much you agree with each according to your beliefs and experiences. Please respond according to the following scale:

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|-------------------------|----------------------|
| 1 = Strongly disagree | 4 = Slightly agree |
| 2 = Moderately disagree | 5 = Moderately agree |
| 3 = Slightly disagree | 6 = Strongly agree |

	Locomotion	
1	I don't mind doing things even if they involve extra effort.	1 2 3 4 5 6
2	I am a "workaholic."	1 2 3 4 5 6
3	I feel excited just before I am about to reach a goal.	1 2 3 4 5 6
4	I enjoy actively doing things, more than just watching and observing.	1 2 3 4 5 6
5	I am a "doer."	1 2 3 4 5 6
6	When I finish one project, I often wait awhile before getting started on a new one. (reverse-scored)	1 2 3 4 5 6
7	When I decide to do something, I can't wait to get started.	1 2 3 4 5 6
8	By the time I accomplish a task, I already have the next one in mind.	1 2 3 4 5 6
9	I am a "low energy" person. (reverse-scored)	1 2 3 4 5 6
10	Most of the time my thoughts are occupied with the task I wish to accomplish.	1 2 3 4 5 6
11	When I get started on something, I usually persevere until I finish it.	1 2 3 4 5 6
12	I am a "go-getter".	1 2 3 4 5 6

Scoring Note:

- 1) Sum all items to calculate the locomotion.
- 2) If the score falls between 12-24 you are low on locomotion, if it falls between 60-72, you are high on locomotion.
- 3) For support, please contact Dr. Erica Molinario (molie@umd.edu)

Kruglanski, A. W., Thompson, E. P., Higgins, E. T., Atash, M. N., Pierro, A., Shah, J. Y., & Spiegel, S. (2000). To "do the right thing" or to "just do it": Locomotion and assessment as distinct self-regulatory imperatives. *Journal of Personality and Social Psychology*, 79(5), 793–815. <https://doi.org/10.1037/0022-3514.79.5.793>