**Task and Ego Orientation in Sport Questionnaire**

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| --- | --- | --- | --- | --- | --- |
| **I feel most successful in sport when…** | **Strongly Disagree**  **1** | **Disagree**  **2** | **Neutral**  **3** | **Agree**  **4** | **Strongly Agree**  **5** |
| 1. I am the only one who can do the play or skill. |  |  |  |  |  |
| 1. I learn a new skill and it makes me want to practice more. |  |  |  |  |  |
| 1. I can do better than my friends. |  |  |  |  |  |
| 1. The others cannot do as well as me. |  |  |  |  |  |
| 1. I learn something that is fun to do. |  |  |  |  |  |
| 1. Others mess up "and" I do not. |  |  |  |  |  |
| 1. I learn a new skill by trying hard. |  |  |  |  |  |
| 1. I work really hard. |  |  |  |  |  |
| 1. I score the most points/goals/hits, etc. |  |  |  |  |  |
| 1. Something I learn makes me want to go practice more. |  |  |  |  |  |
| 1. I am the best. |  |  |  |  |  |
| 1. A skill I learn really feels right. |  |  |  |  |  |
| 1. I do my very best. |  |  |  |  |  |

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| **Scoring** | |
| **Ego Orientation =** | (q1 + q3 + q4 + q6 + q9 + q11) divided by 6 |
| **Mastery Orientation =** | (q2 + q5 +q7 +q8 + q10 + q12 + q13) divided by 7 |