. 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 experi	ence 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
8. 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

## Key for the Inspiration Scale:

Inspiration frequency subscale: sum of items 1a, 2a, 3a, 4a Inspiration intensity subscale: sum of items 1b, 2b, 3b, 4b Overall scale: sum of items 1a, 1b, 2a, 2b, 3a, 3b, 4a, 4b

## Reference:

Thrash, T. M., & Elliot, A. J. (in press). Inspiration as a psychological construct. <u>Journal of</u> <u>Personality and Social Psychology</u>.