

Are You Inspired? (The Inspiration Scale, IS)

Instructions

Inspiration is a positive emotion that consists of three components – evocation, motivation and transcendence. It is an emotion we experience when we witness greatness or excellence in others, which then motivates us to pursue goals that transcends our mundane concerns. Here is a short 8-item measure of inspiration, assessing how frequently and intensely you feel this positive emotion.

How often does this happen? For these four items, state the extent to which you regularly/frequently feel inspiration.

	Never	Very Rarely	Rarely	Neutral	Occasionally	Often	Very Often
1. I experience inspiration.							
2. Something I encounter or experience inspires me.							
3. I am inspired to do something.							
4. I feel inspired.							

How strongly do you feel inspiration? For these four items, state how strongly your experiences with the emotion of inspiration are.

	Not at All	Somewhat Slightly	Slightly	Neutral	Somewhat Strongly	Strongly	Very Strongly or Deeply
5. I experience inspiration.							
6. Something I encounter or experience inspires me.							
7. I am inspired to do something.							
8. I feel inspired.							

Scoring

Total inspiration overall = Sum items 1-8.

Total inspiration frequency = Sum items 1-4.

Total inspiration intensity = Sum items 5-8.

Interpretation

Are you as inspired as say, someone who holds a patent? One study of 51 utility patent holders and 55 design patentees scored an average of 43.92 and 41.05 for overall inspiration. For the utility patentees, they scored 21.71 for inspiration frequency and 22.22 for inspiration intensity. For the design patentees, they scored 20.11 for inspiration frequency and 20.95 for inspiration intensity. In comparison, a sample of 93 university alumnus scored 34.07 for overall inspiration, and 16.49 for frequency and 17.58 for intensity respectively (Thrash & Elliot, 2003).

Reference

Thrash, T. M., & Elliot, A. J. (2003). Inspiration as a psychological construct. *Journal of Personality and Social Psychology*, 84(4), 871-889.