



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. Journal of Personality and Social Psychology.