



Finding Meaning in What Motivates Us Most

The key to finding what truly motivates you, starts with looking for the good in the great.

Reflection Part I: **What motivates you?**

Take a moment to reflect on the part of your work that you like the most.

Or

Take a moment to choose one of the following common motivators.

- | | | |
|---|--|--|
| <input type="checkbox"/> People/Relationships | <input type="checkbox"/> Pay/Salary | <input type="checkbox"/> The Team |
| <input type="checkbox"/> Appreciation/Recognition | <input type="checkbox"/> Shared Values | <input type="checkbox"/> Shared Values |
| <input type="checkbox"/> Tasks of Interest | <input type="checkbox"/> Personal Growth | <input type="checkbox"/> Solving Problems |
| <input type="checkbox"/> Learning | <input type="checkbox"/> Making a Difference | <input type="checkbox"/> Developing Skills |
| <input type="checkbox"/> Other | | |

Reflection Part II: Use the following Meaning-Making questions for deeper exploration:

1. How is that (insert stated motivator) helpful for you?

2. Can you tell me a little more about...

3. What difference does that make for you?

4. Can you tell me a little more about...

5. Repeat steps 1-4 as much you like.

6. Choose another motivator, start again and keep going!
