

# THINGS THAT MOTIVATE ME

Please indicate 5 items from the list below which you feel are the most important in motivating you:

- I enjoy it; it is interesting
- Others are doing it
- It leads to recognition from others
- I have the will to do it
- I feel that the task is important
- It is easy
- I feel trusted & respected in it
- I have the opportunity to do a good job
- I am expected to do it
- I have a chance to help with the planning
- I get along well with others at the task
- I have a good supervisor or leader
- I have a large amount of freedom in doing it
- I have the opportunity to take responsibility
- I have the opportunity to grow & develop on the job
- I have the opportunity to meet others
- I have the opportunity to make career contacts
- I can do most of the work at home
- There is a routine I can count on
- Other

Now, when you are offered a challenge/job task, consider first if this offers the opportunity to satisfy you. Think about all those things that do motivate you & what you can do to keep yourself motivated.