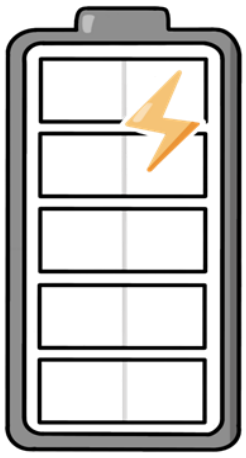


10
9
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1



Motivation Worksheet

This worksheet helps you to identify what is supporting or hindering your current levels of motivation. You can also use it to see how you can help a colleague, or team member.

Instructions:

- Mark on the battery the level of motivation you would like to experience over the next three months
- Now mark your current level of motivation
- Explore the four areas and make notes in answer to the questions
- Reflect on what you are learning, and
- Note your action steps in the area provided to reach your desired level.

Meaning, Context

- How do you contribute meaningfully to your organization's or team's goals?
- How well balanced are give and take in your team?
- What drew you to your work in the first place?

Feedback

- How can you recognize progress against your project plan?
- How often do you receive positive feedback?
- How does that positive feedback look?

Situational Control

- Have you the skills, experience and resources to complete your tasks?
- How are you learning and growing?

Sense of Recognition & Belonging

- How welcome are you in your team and how much is your contribution needed?
- What recognition do you receive for your contributions?

Reflection

For which of the four areas do you notice an appreciable lack recently?

Action Steps

What steps could you take to improve your current level of motivation over the next three months?

- 1.
- 2.
- 3.