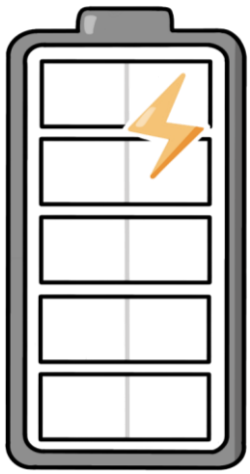


# Motivation Worksheet



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 by answering the questions for them, or in discussion with them.

## 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.