

What motivates you to work harder (or smarter) in your organization?



This activity sheet would help you define your motivational level and gain insights out of it so that you can make changes. It's hard to make changes, but this activity should help you improve your work performance starting tomorrow and the years to come. Be open with your ideas to your boss or colleagues. Try to reconcile them with their perception about you.

1. What is the **positive** pattern that you are showing in recent weeks/months/years? Give specific example/s. How do you intend to sustain it?

2. Conversely, what is the **negative** pattern to show that you are not motivated? If you're thinking of resignation, what could be the number one reason? Give specific example.

3. List down your top three material/monetary or non-material/monetary things that would possibly reverse your negative pattern as described in No. 2 above. Arrange them according to priority. Then agree with your boss or colleagues so that you can come up with a mutual solution.

Material / Monetary Things		Non-monetary Things	
1		1	
2		2	
3		3	