

# What Gets You Going?



What motivates you in your work, family life and leisure pursuits? Rank by number your most powerful motivators from the following list:



- |                                  |                                   |
|----------------------------------|-----------------------------------|
| _____ enjoyment                  | _____ fear of failure             |
| _____ family needs               | _____ financial pressure          |
| _____ friendships                | _____ boredom                     |
| _____ mental and physical health | _____ other people's expectations |
| _____ security                   | _____ revenge or getting even     |
| _____ independence               | _____ envy or jealousy            |
| _____ money and possessions      | _____ greed                       |
| _____ influence                  | _____ addictions                  |
| _____ status                     |                                   |
| _____ personal achievements      |                                   |
| _____ political goals            |                                   |



What were your top five motivators? What do they tell you about what's important to you?

The list on the right side contains negative motivators. If you ranked several of these among your top five motivators, consider using positive self-talk to replace these negative motivators with a more positive slant. For instance, the positive motivator for boredom is enjoyment.

Sometimes negative motivators indicate a need for a change in your life—such as your job, relationship or residence. What changes can you think of that would help you turn your negative motivators into positive ones?

Negative Motivator	Positive Change