



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



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