

“What Motivates Me?”

Before you can start successfully motivating yourself to achieve what you want from life, you need to understand what really motivates you (everyone is different!)

Use the checklist to get an insight into what really motivates you. Once you know this, you can use it as part of your goal setting. For example, if fear motivates you then you might need to take a leap of faith, or if rewards motivate you you'll want to set yourself rewards for different milestones.

MOTIVATION	TRUE	FALSE
When I have a deadline I tend to work extra hard to meet it.		
I feel embarrassed if I tell someone I'll do something and don't follow through		
I achieve more working on my own		
I achieve more when people tell me what to do		
I am more likely to do something if not doing it costs me money		
I am more likely to do something if I give myself only a short window of time to do it		
I do things for external recognition, rather than from the inner feeling I get when doing it.		
I am motivated by an inner sense of achievement and personal growth.		
I am more motivated if I can find a way to make a task fun		
I do things to please others more than myself		
I am more productive if I fear the results of NOT doing the work		
I am more productive if I feel internal pride in getting the work done.		