

Understanding Our Strengths

MOTIVATIONS

Our Motivations are the reason behind our strengths.

We tend not to acknowledge these as they are just a part of us.

Not everyone is motivated by the same things.

For example I recently did a motivational mapping questionnaire and whereas I thought I was motivated by recognition, actually it is learning.



Driving your business forward



The next exercises will help you identify your deep motivators.

You may find you spotted some of these earlier in the exercises.

Circle those that apply

Power	You like to have responsibility for people or tasks
Ethics	You like to work in line with certain morals
Teamwork	You really love to work with others
Security	You want to feel secure in your job or work
Recognition	You like to be acknowledged by others for your skills, effort and achievements
Status	You like other people to recognise your importance
Activity	You like being busy and having a lot to do
Freedom	You like to have autonomy to work the way you choose

Learning	You want experiences that enable you to grow
Leading	You love to be in charge
Achievement	You like to have testing objectives and challenges
Friendship	You like to have close relationships
Flexibility	You like to choose how you work



An illustration of a woman with short brown hair, wearing glasses, a teal long-sleeved top, black leggings, and black boots. She is standing to the right of a flipchart. The flipchart is on a grey stand and has a white sheet of paper with text on it.

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