Motivator Exercise

In the following table, make a note of the things that motivated you each day.

What motivated me today?

Monday	Example: "Teamwork – weekly meetings with the team motivated me to help a couple of my colleagues, as it's important to me to be helpful."
Tuesday	"Power – I am responsible for an event next month. Having that responsibility is very motivating for me as I start arranging things."
Wednesday	"Activity – still working on the event and feeling very energised and motivated by it."
Thursday	"Leading – led a workshop today and remembered how much I love to lead."
Friday	"Recognition – I've done a great job this week and want this to be recognised at our team meeting on Monday."
Saturday	"Friendship – catching up with friends."
Sunday	"Security – checking my bank statements."