

What Motivates You?

Quickly read these phrases and check two that you find most motivating at work.

Then, put an X through the two that you find least motivating, maybe even draining.

- Taking on new challenges
- Solving problems
- Knowing I made other people happy
- Meeting new people
- Being in charge
- Building connections with coworkers
- Making steady progress toward goals
- Being able to express my opinions freely
- Getting public recognition
- Analyzing all the options
- Working on team projects
- Being in a constantly changing environment
- Helping others succeed
- Completing projects
- Doing a high-quality job
- Being in the limelight
- Taking risks
- Being the expert on a topic
- Producing concrete results
- Having freedom to do things my way