

Motivation Profile

YOUR DRIVE STYLE

EXPANDING THE POSITIVE

More often than not, you might be motivated by positive feelings and wanting to increase and share your success. Continue to focus on what gives you energy. Also, trust your gut. People sense a great deal of emotional information from others, and sometimes disregard this information. Are there times when you are overly optimistic or disregard warning signs? If so, consider using your emotional intelligence skill of empathy to help you more clearly assess each situation and make good choices.

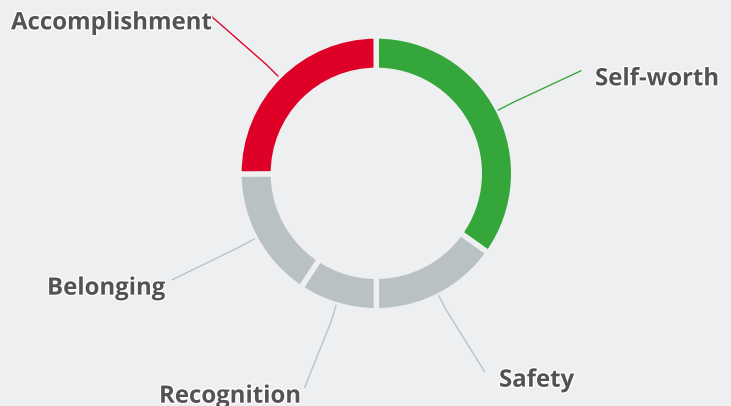
DRIVE STYLE



Overcoming

Leveraging

DRIVING FORCES



Opportunity: ACCOMPLISHMENT

Consider: How well does this feeling of not having accomplished enough match your life today? Can you name some instances in which you accomplished/are accomplishing what you set out to do? Does this feeling of not having accomplished enough motivate you to achieve? Or are there times when it holds you back? What would be different if it were the former? The latter?

Asset: SELF-WORTH

Consider: How well does this feeling of self-worth match your life today? What is the evidence? Does this feeling of self-worth motivate you to achieve? Or does it make you complacent? What would be different if it were the former? The latter?

Your Motivation as it relates to the Outside World is Supported by (in order)

1. Logical reasoning.
2. A sense of purpose.
3. Embracing positive possibilities.
4. Understanding the feelings of others.

Consider: Are there times when taking each of these Ascending Drivers into account can further support you in achieving your goals?

ASCENDING DRIVERS

SUCCESS & MOTIVATION

Your Success Profile suggests:

1. You are achieving success in many areas of life.
2. One strong area is your ability to build and maintain relationships
3. You are least satisfied with your ability to maintain optimal energy and functioning
4. You feel more successful in your professional versus personal life.

Knowledge, Skills and Motivation are the keys to success. Knowledge means that you know what to do, Skills means that you are skilled in doing what needs to be done. Intrinsic Motivation is an emotional intelligence skill that you use to make it happen.

Consider: Which Internal Drivers (Driving Forces and Ascending Drivers) are getting in the way? Which are clearing your path?

What got you to this point helped you feel good about yourself. Are there times that the Internal Drivers that got you here are also holding you back? What are 3 times when your feeling of self-worth increases your success. What are 3 times when you might have experienced fear of failure? How did that get in the way of your success?

How will you use your strong feeling of self-worth to increase your feeling of accomplishment?

Action Steps:

1. _____
2. _____
3. _____