Mastering Motivation

1. Think of a task at work that is intrinsically motivating for you. What is it about it that you find personally rewarding?

2. Select a specific, unattractive task that is required in your role. List a combination of extrinsic and intrinsic motivators that would make it more palatable.

3. What are your key take-aways from this Master Class?

4. What actions will you take?