

Mastering Motivation

Group Discussion

Describe a task that is motivating for you. What is it about it that you find personally satisfying?

So, how would you define motivation?

Personal Activity

Describe a situation where you'd like to help someone else think, feel or do something differently.

Describe an aspect of your work or life where you'd like to change your approach to get a better result.

Personal Reflection

Habits or behaviours I do "on auto pilot"

Some things I do or have seen others do against best interests

Examples of emotions driving behaviour, with positive or negative results

Drivers

Autonomy: self-direction, choice

Mastery: opportunities to learn and grow

Purpose: meaningful work, personal "why"

Key Points from This Session

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Actions

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