

## What motivates me at work?

We're often so busy that we don't stop to think about what drives us at work. Use this tool to identify how your work does and doesn't tap into your drivers — and to help you think of ways to connect your work to what motivates you. Consider sharing what you learn with your manager so you can discuss how to make room for work that excites you.

<b>What are my 1 to 3 primary motivators at work?</b>	<i>Examples: Helping others; solving problems; meeting my financial goals</i>
<b>Which tasks or projects do I find most satisfying?</b>	<i>Developing new software; improving our quality assurance systems</i>
<b>Which tasks or projects are least satisfying?</b>	<i>Preparing validation reports; creating documentation</i>
<b>What are my goals at work?</b>	<i>Being promoted to manager; improving processes</i>
<b>What do I want to do more of?</b>	<i>Systems design; training junior engineers</i>
<b>What do I want to do less of?</b>	<i>Preparing reports and other paperwork</i>
<b>What new things can I take on that interest me?</b>	<i>Volunteering for the internal review committee; training others in the validation process</i>
<b>How can I make my required work more exciting?</b>	<i>Finding ways to improve validation process efficiency</i>
<p style="text-align: center;"><b>What do I want to share with my manager?</b></p> <p>Consider describing how your ideas also benefit your team or organization. Example: <i>"I really enjoy developing new systems and coaching others. Could we discuss a few ideas I have that would allow me to do more of that and help our team at the same time? I could take on a side project to improve our validation process efficiency or train others to write the reports so our team can be more flexible with ongoing tasks."</i></p>	