

# Motivation Grid

Complete the following grid to determine strengths and gaps in your motivation level for your current job. In each cell, list examples of tasks in your job.

<b>TASKS I LIKE &amp; DO WELL</b>	<b>TASKS I DISLIKE &amp; DO WELL</b>
<b>TASKS I LIKE &amp; DON'T DO WELL</b>	<b>TASKS I DISLIKE &amp; DON'T DO WELL</b>

When the grid is complete, answer the following questions:

1. For which tasks that you don't do well would you like to receive some training or coaching? List a good source of training or coaching (person, book, continuing education course). \_\_\_\_\_

---

---

2. For which tasks that you don't like would you like to accept your attitude while maintaining a good performance level? ). \_\_\_\_\_

---

---

3. For which tasks that you don't like would you like to change your attitude? What steps will you take to change your attitude? ). \_\_\_\_\_

---

---

Form courtesy of and copyrighted by Suzanne Kryder | FB355