WHAT PUTS THE WIND IN MY SAILS?

1.	Think about your career and reflect on the times when you were excited or energized by your work. Briefly describe three of those times or situations below
2.	Looking at the examples that you've listed above, what specifically was going on during those times: what was the nature of the work who were the people involved what was the working environment like?
3.	Reflecting on your career, were there times or situations when you were definitely <u>not</u> motivated to do your best work? Briefly describe two of those times or situations below.
4.	As you look at your examples above of situations when you were <u>not</u> motivated, what specifically was going on during those times: what was the nature of the work who were the people involved what was the working environment like?



	5.	List the top four factors or environments that motivate you. (Note: It may be helpful to review your thoughts from Questions #1 and #2.)
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6.		In general, what kinds of situations or factors <u>de-motivate</u> you? (Note: It may be helpful to review your thoughts from Questions #3 and #4.)
7.		In what ways do you prefer to be recognized and rewarded for a job well done?
8.		What types of rewards and recognition are NOT effective for you?

