



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 de-motivate 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?