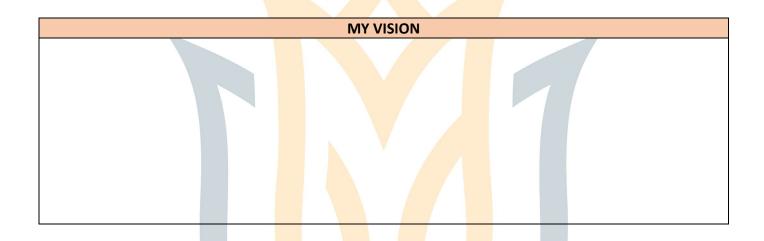
## **Discover your motivation**

This framework will help you find your motivation to fulfil your vision and your goals.

## 1. Basic information

Once again, write your vision and your affirmation about the future.



MY AFFIRMATION		



Besides that, remember the goals you mentioned in your five-year plan.

	ADJUSTED GOALS & OBJECTIVES
CAREER	
PRIVATE FINANCE	
HEALTH	
FAMILY	
OTHERS	

From your quadrant II framework (Q2), how much additional time will you have available for developing the new skills?

I	=
III	IV

New % of time on Q2 – \_\_\_\_\_\_%

Additional hours per week – \_\_\_\_\_ hours



## 2. Your motivation

In the following table, list all the things/activities that motivate you the most. Think about what energizes you or what boost you. Don't forget to mark with an X the level.

	NOT MOTIVATES	MOTIVATES	MOTIVATES
THINGS / ACTIVITIES	ME MUCH	ME A BIT	ME A LOT
Receive personal recognition			
Receive a prize			
Receive a salary increase			
Receive a promotion			
Achieve personal goals			
Deliver on time			
Deliver more than promised			
Team performance			
Development of team members			
Development of peers			
Development of employees			
Respect from the team			
Quality of work			

	MY CONCLUSION
at is it that yo	ou would like mo <mark>st in th</mark> e future?
	WHAT I WOULD LIVE THE MOST
	WHAT I WOULD LIKE THE MOST
at would you	like to master, have <mark>or k</mark> eep <mark>in</mark> the future?
at would you	inke to muster, have or keep in the juture:
	WHAT I WOULD LIKE TO HAVE, MASTER OR KEEP
ere can you fi	nd inspiration for writing a motivation? (Books, internet, peers, managers, experts,
repreneurs, m	
	SOURCE OF INSPIRATION



## 3. Motivation statement

Write a motivation statement using all the information you learned from the previous questions. This statement should be a source of inspiration when facing challenges or difficult times.

