

GUIDED QUESTIONS TO DISCOVER MY MOTIVATIONAL PATTERNS

Think back on your childhood and your teen years. List as many examples as you can remember. If it would be helpful to you, write how old you were (like 'kindergarten' or 'age 5')

1. What are my most important achievements ?-not experiences like, my family went to Hawaii and not talents like, I was a good artist

Example of an achievement: I directed and starred in plays with the neighborhood children. The most successful play included transforming an unused tool shed in the backyard into a castle, age 9.

2. Who do I envy or admire? Break it down until you get an idea of exactly what you admire

1. Do I admire a certain skill? – *Example: Jenn made a YouTube video*

2. A result? – *Example: Tomas got the most applause at the talent show*

3. A location? – *Example: Uncle Steve gets to work in a jungle*

4. A relationship? -- *Example: Connor's dad does cycling with him and their bike club*

5. And so on.

3. What upsets or angers me about the world?

For instance, one high school student got angry about how she felt gay students were treated socially at school. With the help of her dad, she started a gay-straight alliance group at her school.

4. When I have free time, what do I return to again and again?

Example: Some kids cannot stop drawing. Other kids will roam the neighborhood in search of other kids to be with.

5. What rewards (both obvious and intangible) mean the most to me?

Example: Some kids desire recognition or praise, while others ignore those even when they get them. Even the same behavior can have different rewards for different kids.

6. What activities and events do I look forward to doing before they happen?

Anticipation is an indication of how people are motivated to “work and play.”

Questions are taken from Ralph T. Mattson and Arthur F. Miller, Jr., Finding A Job You Can Love, P&R Publishing, Phillipsburg, NJ, 1982.