

What Motivates You?

100 Popular Motivators

We're all motivated by something. The trick is to identify precisely what motivates you, and then to design a life that is chock full of these motivators, and none of the 'other ones.' Which of the following motivators work best for you? (Note: This checklist can also be used as a checklist of motivational skills for you to acquire so that you are highly effective with others, and yourself.)

_____ Your Score

1. Honor

The core of yourself.

- Fair
- Conviction
- Courage
- Truthful
- Moral
- Loyal
- Accountable
- Responsible
- Committed
- Diligent

___ Section score

2. Integrity

What you stand on.

- Honest
- Well
- Prudent
- Thrifty
- Simple
- Orderly
- Detail-oriented
- Needs met
- Punctual
- Balanced

___ Section score

3. Style

How well you self-express...

- Excellence
- Trusting
- Polished
- Clean
- Well-dressed
- Gracious
- Appropriate
- Passionate
- Consistent
- Resilient

___ Section score

4. Caring

How well you treat others.

- Respectful

- Available
- Concerned
- Tender
- Tolerant
- Sharing
- Kind
- Patient
- Generous
- Hospitable

___ Section score

5. Effectiveness

How smart you operate.

- Bandwidth/Absorption Rate
- Vision
- Mastery
- Productive
- Accomplished
- Causal/Initiating
- Enrolling
- Investing
- Effective
- Practical

___ Section score

6. Self

How you feel within.

- Confident
- Secure
- Content
- Integrated
- Self-caring
- Self-motivated
- Capacity
- Mature
- Capable
- Harmonious

___ Section score

7. Openness

How you relate with the world.

- Accepting
- Intuitive
- Aware
- Willing
- Adventurous
- Spiritual

- Visual
- Present-oriented
- Creative
- Flexible

___ Section score

8. Delivery

How well you perform.

- Win-win
- Results-oriented
- Proactive
- Adds Value
- Underpromises
- Interdevelopmental
- Adaptive
- Innovative
- Direct
- Resourceful

___ Section score

9. Life Skills

Your personal tools..

- Loving
- Clever
- Hip
- Light
- Humorous
- Diplomatic
- Savvy
- Generous
- Wise
- Perspective

___ Section score

10. Communication

How well you come across.

- Tone
- Dance
- Articulate
- Clear
- Appreciative
- Congratulatory
- Constructive
- Encouraging
- Friendly
- Expressive

___ Section score

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