

Motivation Diagnostics

1. Pick a task that you are less or more motivated to do than you would like to be.

1. Does it feel like you expect to succeed if you try?

2. Does it feel like the task is good to do?

3. When do you expect to experience the rewards from doing the task?

4. Pick 1 motivation modifying technique from each category.

5. For each technique, brainstorm (2 min) ways you could apply it to your task.

6. Talk about your options with a partner.

7. Pick 1 technique to use in the near future and make a plan to apply it.