



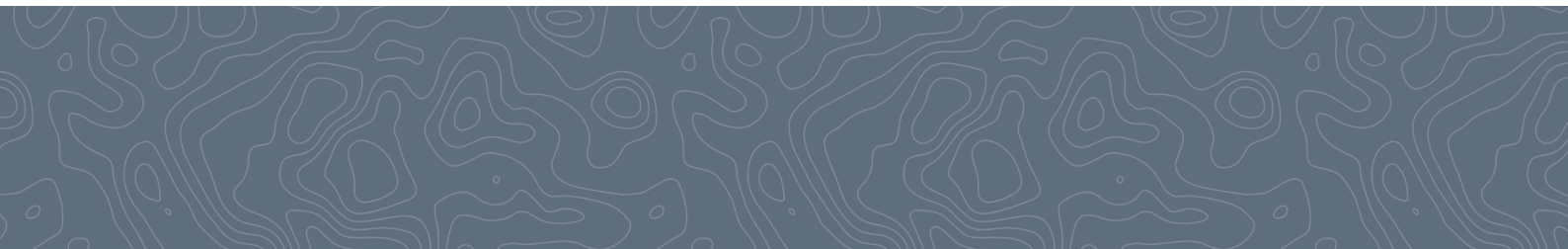
**THREE PIECE LIFE**  
eCOACHING *with* TIM JOHNS



# Motivation for going to work

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This worksheet will help you reflect on motivation and enthusiasm you have for your job. It will allow you to evaluate various factors commonly associated with work satisfaction and engagement. By rating each statement from 1 - 5, with 1 indicating “Not at all motivating” and 5 representing “Extremely motivating,” valuable insights and areas for improvement can be identified.



# Motivation for going to work (1/2)

Please rate each statement on a scale of 1 to 5, where 1 indicates “Not at all motivating” and 5 indicates “Extremely motivating”.

1. I am motivated to go to work primarily for financial reasons.

1       2       3       4       5   
Not at all motivating      Extremely motivating

2. I find joy and enjoyment in my work, which motivates me to go to work.

1       2       3       4       5   
Not at all motivating      Extremely motivating

3. Having a sense of purpose in my work is a significant motivation for me.

1       2       3       4       5   
Not at all motivating      Extremely motivating

4. The status or prestige associated with my job motivates me to go to work.

1       2       3       4       5   
Not at all motivating      Extremely motivating

5. I appreciate having something productive to do, and that motivates me to go to work.

1       2       3       4       5   
Not at all motivating      Extremely motivating

6. Making a positive difference to society through my work is a strong motivation for me.

1       2       3       4       5   
Not at all motivating      Extremely motivating

7. The opportunity for personal growth and development motivates me to go to work.

1       2       3       4       5   
Not at all motivating      Extremely motivating

8. The desire for recognition or appreciation from colleagues or superiors motivates me to go to work.

1       2       3       4       5   
Not at all motivating      Extremely motivating

## Motivation for going to work (2/2)

Please rate each statement on a scale of 1 to 5, where 1 indicates “Not at all motivating” and 5 indicates “Extremely motivating”.

9. I am motivated to go to work because it aligns with my long-term career goals and ambitions.

1

2

3

4

5

Not at all motivating

Extremely motivating

### ADDITIONAL OBSERVATIONS

10. Are there any other factors that motivate you to go to work?

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11. Is there anything else you would like to record about your work motivation?

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