

## ACTIVITY 5: MY MOTIVATION STYLE

**DIRECTIONS:**

1. Pick which of the four (4) categories that you identify most with.
2. List the top four in the category that best defines you.
3. List four from other categories that you also identify with.

**Human Motivation Behaviors**

<b>Style &amp; attributes: Self-Determined (SD)</b>	
Seek new challenges	Decisive
Persevering/resilient	Self-confident
Consistent	Creative
Seeks growth	Gets the work done
<b>Style &amp; attributes: Self-Reflective (SR)</b>	
Adaptable	Lived experiences
Positive mindset	Imaginative
Empathetic	Curious
Self-regulate	Open to feedback

**Human Economic Behaviors**

<b>Style &amp; attributes: Self-Interest (SI)</b>	
Seeks opportunities	Extrinsic driven
Cost-benefit thinking	Seeks personal gain
Detail-oriented	Competitive
Self-gratification	Innovative
<b>Style &amp; attributes: Self-Mastery (SM)</b>	
Goal-oriented	Task-oriented
Purposeful	In control
Intrinsic driven	Performance-driven
Maximizes talents	Productive

**My four main attributes from the Self-\_\_\_\_\_ style when completing a task are:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

**My four attributes from the other styles are:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

**Based on your lived/life experiences, you apply these selected attributes by:**

**My motivation style is connected to my culture by:**