

TRUMOTIVATE

CREATING A MOTIVATIONAL STATEMENT GUIDE

This activity includes the circle activity to create your motivational statement.



INSTRUCTIONS FOR FACILITATOR:

1. Meet + Greet

Introduce yourself with examples of motivations and activities.

Introduce yourself with a short story of an activity you enjoy in your role or in your life. Then share your top 3 motivations and connect them to what resonates in your role or life. In this way, model for students the activity you are about to do.

2. Understanding Motivations Uniquely Describe You

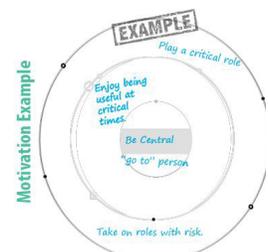
Help students understand their own motivations have a pattern they can use to create and distinctive statement about themselves.

This exercise will help students see how their stories connect to their specific motivations. Using their stories, work with them to help them see their motivations “at play.” We will also combine multiple motivations into a unique statement to show how they work together. Additionally, knowing and being able to describe this will give insight into career roles and environments where students are more likely to thrive.

3. Classroom Activity - Motivations That Are Core

Print and share the student handout to complete the target activity.

In the activity, students will choose 3 of their top motivations to focus on. They will complete the circle target activity to understand them better and identify what most resonates about their top motivational descriptors. These would be phrases that connect with how motivations play out in one’s life or that they feel best describe them.



4. Create Your Motivational Statement

Activity to create one’s own unique motivational statement.

Human beings are complex! Our motivations combine with each other to drive our behavior, decisions, and how we engage. In describing ourselves, we want to capture our uniquenesses. Once students understand their motivations, it is helpful to be able to express what drives them and the value of their contribution. This activity will help them articulate who they are and their unique value in interviews or in a profile such as LinkedIn or HandShake

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MOTIVATIONS THAT ARE CORE TO ME

INTRODUCTION:

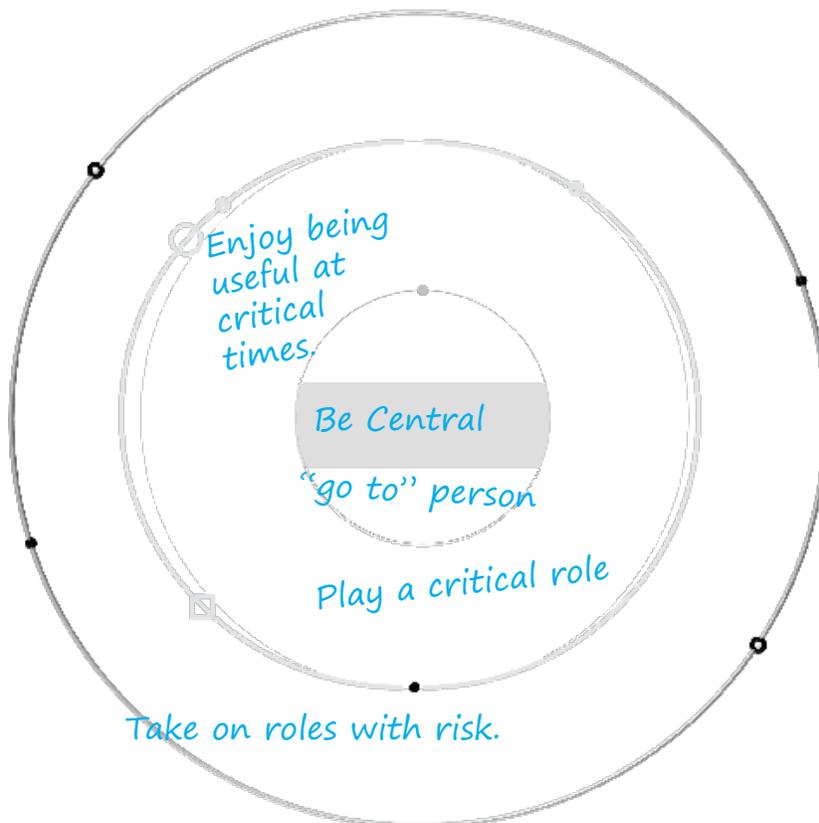
This exercise will help you see how your stories (and your motivational behavior and situations) connect to your specific motivations. Using your stories, we will work with them to help you see your motivations “at play.” We will also combine multiple motivations and help you see how they work together. Knowing this, and being able to describe this, will help you have more insights into career roles and environments where you can thrive.

In this activity we will take 3 of your selected top 5 motivations to work with. Each motivation’s “work” will be done in a separate circle.

INSTRUCTIONS:

1. Choose a motivation to focus on. Write that motivation in the center of the circle.
2. Read through your report sections on that motivation and pay special attention to the description, characteristics and contributions.
3. Write down words and/or phrases that help you understand that motivation. The more the phrase connects with you and how your motivation plays out in your life, the closer you should write it to the center of the target.

MOTIVATION EXAMPLE



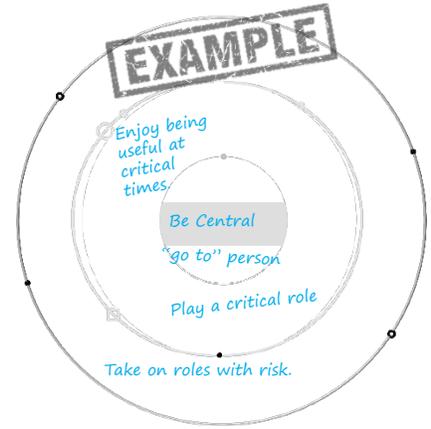
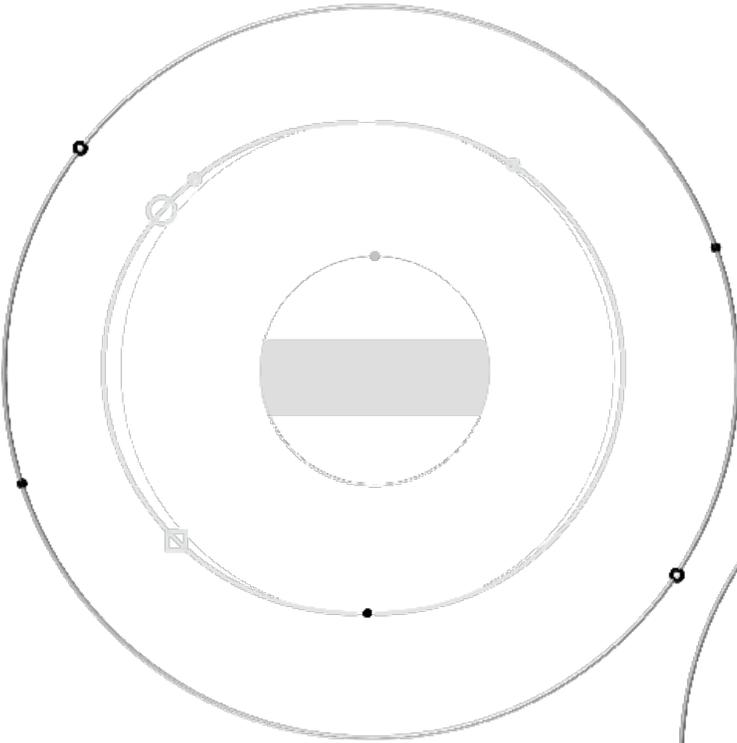
EXAMPLE

Circle activity idea
compliments to Jacob
Cochran at the University of
Northwestern - St. Paul,
MN.

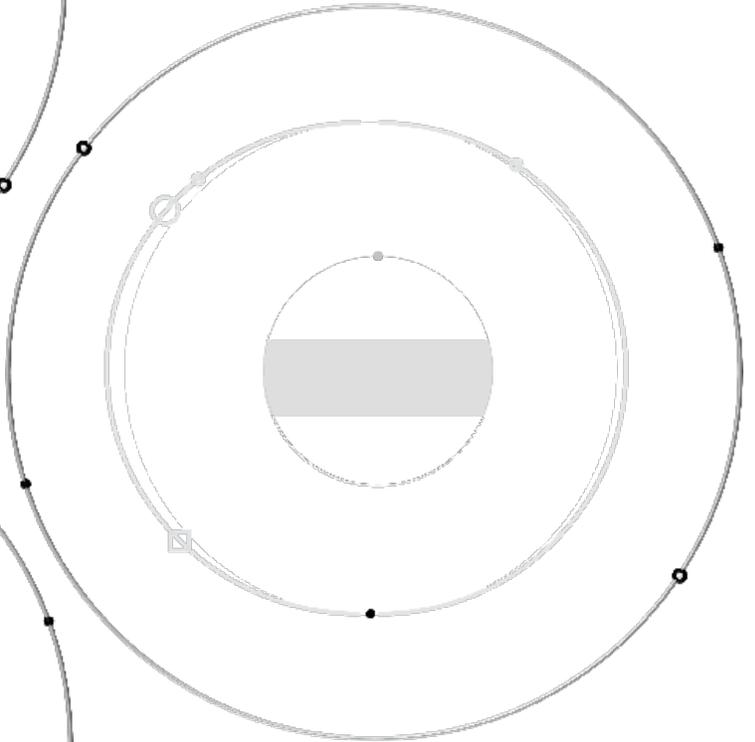
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MOTIVATIONS THAT ARE CORE TO ME

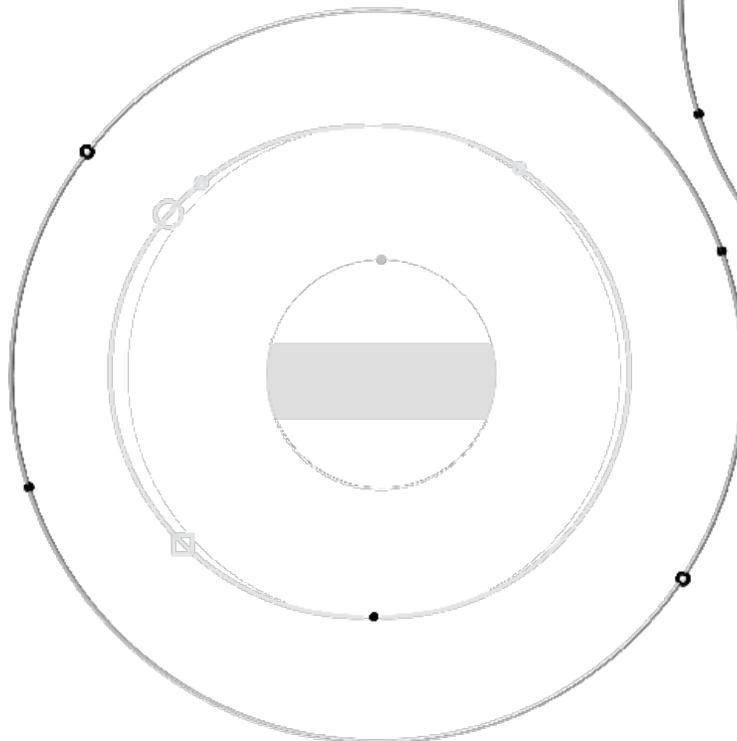
MOTIVATION



MOTIVATION



MOTIVATION



TRU MOTIVATE

Create a motivational statement

For each motivation you will use a “formula” to put together a statement that describes the motivation in action and why you are driven to take action.

You will combine the motivations and the descriptors that you listed that most resonate with you into a motivational statement. Using your three motivations think about what describes you when you are at your best. Use at least one phrase/words from each motivation circle to create a sentence that reflects real-life examples of how you engage and what drives you.

This activity is especially helpful for you when describing yourself to others. You can use these statements on your resume, and you can use these as examples for interviewing, or for adding a statement to your professional profile like LinkedIn.

The formula looks like this:

I am motivated to Problem solve and collaborate with others (Motivations Make it work & Collaborate)
(think of an action(s) you enjoy)

I enjoy contributing in a way that Fix-It Approach (Motivations Make it work)
(think of a motivational value that inspires you)

So that I can Bring a vision into a tangible reality (Motivations Experience the Ideal)
(this is your why, what results bring you the most satisfaction)

Examples of Motivational Statements

Example of statement for top motivations of Make it work, Collaborate, and Experience the Ideal. I am motivated to problem-solve alongside my co-workers. I enjoy bringing the fix-it solution to help bring a vision to tangible reality.

Example of statement for top motivations of Be Central, Excel and Make an Impact. I like to be the person that is key to a project's success, in the critical role. I enjoy contributing in a way that goes beyond others' expectations so that I can make a positive impression and create positive change.

TRU MOTIVATE

Create a Motivational Statement

Plan for your motivational statement:

I am motivated to _____
(think of an action(s) you enjoy)

I enjoy contributing in a way that _____
(think of a motivational value that inspires you)

So that I can _____
(this is your why, what results bring you the most satisfaction)

Write your motivational statement: