

UNDERSTANDING MY MOTIVATIONS AND STRENGTHS

PRE-WORK BEFORE SESSION

TOP 5

Write your motivation here.

Be Central

EXAMPLE

WHAT DESCRIPTIONS RESONATE?

Review the report sections 'Characteristics' and 'Ways you Contribute' for each motivation from your report. Which description resonates most?

I like being the "Go-To" person and key to outcomes.

PRE-WORK BEFORE SESSION

TOP 5

Write your strength here.

Discipline

EXAMPLE

WHAT DESCRIPTIONS RESONATE?

Review the report sections for each strength from your report. Which description resonates most?

I like structure and routine in my life.