**Factors affecting motivation**

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|  | Think of a time when you felt very *motivated* at work.  Now reflect on the questions below in relation to your raised level of motivation. | Describe a time when you felt very de-motivated at work.  Now reflect on the questions below in terms of your reduced level of motivation. |
| What were you working on? |  |  |
| What skills were you using? |  |  |
| Where were you working? |  |  |
| What was the environment? |  |  |
| Who else was involved? |  |  |
| What was interesting? |  |  |
| How was the workload? |  |  |
| How much time was involved? |  |  |
| How much attention did you pay to your well-being during this time? |  |  |
| What did it fell like to be that motivated / de-motivated? |  |  |
| How did it affect your mood? |  |  |
| What impact did your mood have on your colleagues? |  |  |
| What impact did your mood have on other people outside work? |  |  |
| What changed in the way you related to others? |  |  |
| How would other people describe you at this time? |  |  |
| What feedback did you receive? |  |  |
| How were you recognised for your inputs? |  |  |
| How were you rewarded for your outputs? |  |  |
| What did you appreciate about yourself? |  |  |
| What did you learn about yourself? |  |  |

Based on the table above, what factors impact your motivation levels?