

Exercise 3a: My Motivation Matters

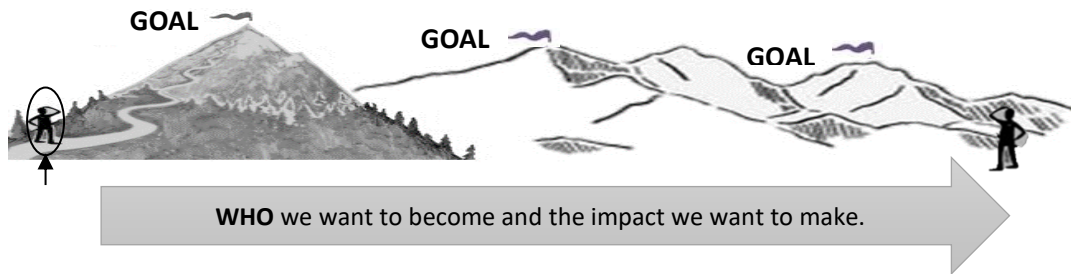
Directions: To better understand how what we care about affects our story, let us explore how our motivations influence how we pursue our goals. Write down one of your roles and a goal for that role. Then check the boxes that apply to you.

Role _____ (e.g. student, athlete, son)

Goal: _____ (e.g. graduate from a university or to have a supportive family).

INWARD Attitudes and beliefs	
<p>Sometimes I am self-focused and want what I do, what I have, and what others think of me to bring me fulfillment. So, I am motivated to:</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"><input type="checkbox"/> gain approval or popularity</div> <div style="width: 50%;"><input type="checkbox"/> avoid pain, failure, or rejection</div> <div style="width: 50%;"><input type="checkbox"/> look important</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> look attractive</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> get my way</div> </div>	<p>Sometimes I remember I play an important role in my home, community, and world and I CARE about helping drive Positive Change. So, I am motivated to:</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"><input type="checkbox"/> improve & grow</div> <div style="width: 50%;"><input type="checkbox"/> support others</div> <div style="width: 50%;"><input type="checkbox"/> reach my full potential</div> <div style="width: 50%;"><input type="checkbox"/> create solutions & win together</div> <div style="width: 50%;"><input type="checkbox"/> be a positive role model</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> build healthy relationships</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> </div>
OUTWARD Attitudes and Actions	
<p>When I am focused on myself, I get frustrated when I encounter challenges. At times, I can add to the problems around me by:</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"><input type="checkbox"/> being disrespectful</div> <div style="width: 50%;"><input type="checkbox"/> not acknowledging what I did wrong</div> <div style="width: 50%;"><input type="checkbox"/> using a rude tone of voice</div> <div style="width: 50%;"><input type="checkbox"/> avoiding asking for help</div> <div style="width: 50%;"><input type="checkbox"/> being bossy & demanding</div> <div style="width: 50%;"><input type="checkbox"/> avoiding difficult situations</div> <div style="width: 50%;"><input type="checkbox"/> being judgmental or critical</div> <div style="width: 50%;"><input type="checkbox"/> avoiding sharing ideas or feelings</div> <div style="width: 50%;"><input type="checkbox"/> trying to control others</div> <div style="width: 50%;"><input type="checkbox"/> shutting down emotionally</div> <div style="width: 50%;"><input type="checkbox"/> being manipulative</div> <div style="width: 50%;"><input type="checkbox"/> rejecting feedback</div> <div style="width: 50%;"><input type="checkbox"/> saying or doing hurtful things</div> <div style="width: 50%;"><input type="checkbox"/> being dishonest</div> <div style="width: 50%;"><input type="checkbox"/> holding a grudge</div> <div style="width: 50%;"><input type="checkbox"/> making reckless choices</div> <div style="width: 50%;"><input type="checkbox"/> complaining/ blaming</div> <div style="width: 50%;"><input type="checkbox"/> being rebellious</div> <div style="width: 50%;"><input type="checkbox"/> interrupting (instead of listening)</div> <div style="width: 50%;"><input type="checkbox"/> being inconsiderate</div> <div style="width: 50%;"><input type="checkbox"/> being defensive or argumentative</div> <div style="width: 50%;"><input type="checkbox"/> being impatient</div> <div style="width: 50%;"><input type="checkbox"/> being prejudice</div> <div style="width: 50%;"><input type="checkbox"/> losing focus</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> getting distracted</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> being lazy or giving up</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> </div>	<p>When I am focused on my desire to make a positive difference, I remain caring when I encounter challenges. I typically improve situations by:</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"><input type="checkbox"/> being approachable</div> <div style="width: 50%;"><input type="checkbox"/> being responsible</div> <div style="width: 50%;"><input type="checkbox"/> supporting those in need</div> <div style="width: 50%;"><input type="checkbox"/> being prepared & punctual</div> <div style="width: 50%;"><input type="checkbox"/> encouraging others</div> <div style="width: 50%;"><input type="checkbox"/> engaging in civil conversations</div> <div style="width: 50%;"><input type="checkbox"/> staying focused</div> <div style="width: 50%;"><input type="checkbox"/> listening to understand</div> <div style="width: 50%;"><input type="checkbox"/> forgiving others</div> <div style="width: 50%;"><input type="checkbox"/> being honest in my evaluation of myself</div> <div style="width: 50%;"><input type="checkbox"/> saying I am sorry when needed</div> <div style="width: 50%;"><input type="checkbox"/> being considerate (even when I disagree with others)</div> <div style="width: 50%;"><input type="checkbox"/> creating solutions to the problems around me</div> <div style="width: 50%;"><input type="checkbox"/> being patient & respectful (even if others are not)</div> <div style="width: 50%;"><input type="checkbox"/> helping others</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> asking for help</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> persevering & not giving up</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> celebrating the success of others</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> obeying the rules</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> <div style="width: 50%;"><input type="checkbox"/> being honest, trustworthy</div> <div style="width: 50%;"><input type="checkbox"/> other _____</div> </div>

Exercise 3b: My Motivation Matters



Our GOALS and DREAMS are the tangible objectives we hope to have or achieve. Our MOTIVATIONS explain what we CARE about and WHY we want to achieve our GOALS. Our **MISSION** describes **WHO** we want to become and the impact we want to make.

Rewrite your MISSION from Exercise 2 here. Does it include a desire to make a positive difference? Adjust it if you want.

In a Small Group

1. Give each person the option of sharing what they learned from the "My Motivation Matters" Exercise?
2. Discuss how wanting to make a positive difference can make it easier for us to realign when we get self-focused?
3. Discuss why you think having a caring motivation important is important to maximizing out potential to drive Positive Change?
4. Consider how "Wanting to make a positive difference" helps us realign when we get off-track. Then give each person the option of sharing what they are willing to do to this week to improve how they **THINK**- Learn-Evaluate **CARE**- Hope- Aim **ACT**- Improve-Engage.