



MOTIVATION



Strategies for Achieving Success

Session Objectives:

- Define key work motivators
- T.A.P. into the three factors of self-motivation
- Address strategies to stay motivated during de-motivating work situations
- Assess personal values to focus on a successful work/life balance

T. _____ – What is the **CAUSE**?

I get motivated when...	(✓)
1. ...I get yelled at by several residents about the <u>same</u> issue	
2. ...I get disrespected at work	
3. ...my coworker gets a promotion	
4. ...new policies need to be implemented	
5. ...I get a new boss	
6. ...staffing shortages and/or work overload	
7. ...I need to step out of my comfort zone	
8. ...I'm required to learn a new skill (i.e., new technology)	
9.	
10.	
11.	
12.	

JOB LIFE CYCLE

WHERE ARE YOU?

High Motivation/Low Skill

High Motivation/High Skill

Low Motivation/Low Skill

Low Motivation/High Skill

A. _____ – What do you DO?

1. _____: What would I tell myself?
2. _____: Assess – how did I contribute to the situation; can I influence the situation?
3. _____: Take a break to reset your focus
4. _____: Change and/or fix what you can
5. _____: WTF perspective – take risks
6. _____: Create a goal and stick to it!

"I don't focus on what I'm up against. I focus on my goals and I ignore the rest."

Venus

SMALL GROUPS: Read each scenario below and choose three strategies from the above list that would be most applicable to each situation.

Situation	Choose three strategies and explain why
• You have a "not-so-good" interaction with a park customer, coworker, or boss	
• You make a mistake on the job.	
• You are experiencing personal problems.	
• You don't agree with a decision or a change in policy or process.	

PARTNER: Share one lesson learned from mistakes made, both personally and professionally.

WTF (Willing to Fail): Embrace lessons learned from mistakes	
Personal	Professional

"Life is too short to get bogged down and be discouraged. You have to keep moving. You have to keep going. Put one foot in front of the other, smile and just keep on rolling."

Kobe Bryant

P. _____ – What is your **PERSPECTIVE**?

1. _____: repeat positive statements ten times; look in the mirror as you state them

SMALL GROUPS: Create affirmations that can help you overcome self-sabotaging, negative thoughts.
List three affirmations you will use when challenged at work.

Examples: "I got this.", "I'm not going to let it get to me today."

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2. _____: keep company with objective, positive people only who will not feed negativity

INDIVIDUAL: List positive people at work and at home and a phrase or words they use to keep you positive.

At work?

At home?

3. _____ on _____: stay away from the natural tendency to look at weaknesses

INDIVIDUAL: List three strengths you have that help keep you motivated and resilient when necessary.

Professional:

Personal:

4. _____: see yourself doing it

Let's Begin...

Life Values Assessment

INDIVIDUAL: Read each value description carefully. Wait for further instruction.

Life Values	Description	R1	R2
1) Beauty	Personal appearance, vanity		
2) Comfortable Life	To feel satisfied in the work/life balance I'm sustaining		
3) Commitment	Obligated, dedicated, devoted		
4) Communication	Effective two-way expression, ability to listen		
5) Community	To be involved with group that has a purpose beyond oneself		
6) Competitiveness	To test skills and abilities against self and/or others		
7) Courage	Taking risks, new experiences		
8) Creativity	Imagination, innovation, self-expression		
9) Enjoyment	To be having fun doing the work and life I've chosen		
10) Environment	Concern for nature and ecosystem		
11) Excellence	Mastery of skill, achieving highest quality in anything pursued		
12) Family	To spend quality time with family, acknowledge their needs		
13) Forgiveness	Showing mercy towards others		
14) Friendship	To work and socialize with people I respect and who respect me		
15) Happiness	To be fulfilled in most aspects of my life		
16) Health	To be physically and mentally fit, well-being of entire body		
17) Humor	Ability to laugh, find comedy in life		
18) Independence	To have freedom of thought and action/act on my own priorities		
19) Inner Harmony	To be at peace within myself physically, mentally, spiritually		
20) Integrity/self-respect	To live/ work in compliance with personal moral standards, honesty		
21) Justice	Fairness, righteousness, decency fair treatment		
22) Knowledge	Personal growth and development, continuing education, learning		
23) Leadership	To motivate and energize others		
24) Leisure Time	To be able to spend quality time on things I love to do		
25) Location	To be able to live where I want to live		
26) Loyalty	To be committed to a person(s), beliefs, values, and ethical principles		
27) Love	To love and to be loved, true intimacy, affection, romance		
28) Order	Organization, time management, control		
29) Patience	Tolerance, persistence, staying power		
30) Peace	Harmony within relationships and/or world		
31) Pers. Accomplishment	To achieve personal significant goals		
32) Power	To have authority, ability to influence people and events		
33) Prestige	To be seen by others as successful/recognized for status		
34) Recognition	Attention, positive notice		
35) Relaxation	Peace, tranquility, serenity, solitude, calm		
36) Religious Faith	To believe in a healthy spiritual connection		
37) Security	To have steady income to meet family's basic needs, personal safety		
38) Service	To contribute to the well-being /satisfaction of others		
39) Wealth	To earn a great deal of money/financially independent		
40) Wisdom	To grow in understanding of myself/my purpose		

Focusing on Life Values

INDIVIDUAL:

Top 3 Values...	One way to focus more on this value is...
1.	⇒
2.	⇒
3.	⇒

It's not hard to make
decisions when you
know what your
values are.

Roy Disney

Practicing Visualization

INDIVIDUAL: Practice visualization: create a picture in your mind of what you want your life to look like in THREE years from now. Write words, actions, behaviors, names, places, etc. that illustrate your VISION.



My Life in 2025 Vision Board

It doesn't matter who you
are or what you do, you have
the power to do what you
love and love what you do.
It's YOUR CHOICE!