

HANDOUT [A] - GOAL SETTING AND MOTIVATIONS

Login to myBlueprint, and review the Goals that you have set for yourself. If you have not yet set a goal, this is a great time to get started!

Which goal is the most important to you and why?

What is your action plan to achieve this goal?

1.

2.

3.

What is going to motivate you to achieve your goal?

Which one of the following categories would you classify your motivation under? Circle the ones that apply to your previous answer.

Recognition
Support

Achievement
Relationships

Working Conditions
Independence

HANDOUT [B] - MY MOTIVATIONS

1. Select **Who Am I** from the menu navigation on the left hand side of the screen
2. Complete the **Motivations** assessment by clicking **Start Survey**
3. Once completed, click **View Full Report** and answer the following questions

What are your top two motivation factors?

1. _____

2. _____

How do your results compare to your own perception of motivation factors in Handout A?

How will understanding your top motivation factors help you achieve your goal?

Go to **Goals**, and add one more task to your action plan related to your motivation factors.

How will understanding your top motivation factors help you pick a career?
