

What Drives Me?

Identifying your key 'Drivers' (in terms of what motivates you, what work you like doing).

Most people spend much of their lives with only a cursory grasp on where their lives and their careers are heading and what they want from their working lives. It is rare for people to sit down, and take the time to plan their career in line with their deeper motivational needs – 'what do I like?' 'what motivates me?' etc.

The following exercises provide an opportunity for you to review your motivators and your work likes. Knowledge of these things will provide you with key self-knowledge about what drives you. You can use this knowledge when deciding what career goals to pursue. The ideal situation is where there is a high level of 'fit' between your motivators/work likes and your goals as this increases the likelihood that you will find your work rewarding. Proven research indicates that when we do work outside of our preferences, this increases the likelihood of stress.

The outputs from these exercises will assist you to complete the 'Drivers' box on PDP Template A.

Exercise: Reflection Work likes/dislikes

1. When you are working what are the tasks you most enjoy doing?
2. What is it about those tasks that you enjoy?
3. Are there any contributory factors (working alone, with others, being out of the office, etc.) that might influence whether or not you enjoy those specific tasks?
4. When you are working what are the tasks you least enjoy doing?

5. What is it about those tasks that you do not enjoy?
6. Are there any contributory factors (working alone, with others, being out of the Office, etc.) that might influence whether or not you enjoy those specific tasks?
7. How much of the tasks you like and dislike are part of your current work role? (Try and estimate a rough percentage). What do you want to do about that?

Now, list you likes and dislikes below:

Likes		Dislikes	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	