

# The Great Motivator Score Card

|    |                     | <u>FP</u>                           | <u>SE</u>                           | <u>R</u>                            | <u>PP</u>                           | <u>O</u>                           |
|----|---------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|
| 1  | Overworked          | <input type="checkbox"/> Joy        | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Goals      | <input type="checkbox"/> Support   |
| 2  | Disenchantment      | <input type="checkbox"/> Creativity | <input type="checkbox"/> Discipline | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Challenge |
| 3  | Unchallenged        | <input type="checkbox"/> Creativity | <input type="checkbox"/> Discipline | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Challenge |
| 4  | Negativity          | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Steps      | <input type="checkbox"/> Inspired  |
| 5  | Fear of failure     | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Confidence | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Inspired  |
| 6  | Ambiguity           | <input type="checkbox"/> Creativity | <input type="checkbox"/> Confidence | <input type="checkbox"/> Faith      | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Inspired  |
| 7  | Restricted          | <input type="checkbox"/> Creativity | <input type="checkbox"/> Confidence | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Impact    |
| 8  | Uninspired          | <input type="checkbox"/> Passion    | <input type="checkbox"/> Discipline | <input type="checkbox"/> Courage    | <input type="checkbox"/> Steps      | <input type="checkbox"/> Inspired  |
| 9  | Distractions        | <input type="checkbox"/> Joy        | <input type="checkbox"/> Discipline | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 10 | Creative lock       | <input type="checkbox"/> Creativity | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Steps      | <input type="checkbox"/> Support   |
| 11 | Unfortunate Timing  | <input type="checkbox"/> Joy        | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Faith      | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Support   |
| 12 | Health              | <input type="checkbox"/> Joy        | <input type="checkbox"/> Victory    | <input type="checkbox"/> Faith      | <input type="checkbox"/> Steps      | <input type="checkbox"/> Impact    |
| 13 | Unrewarded          | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Discipline | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Goals      | <input type="checkbox"/> Impact    |
| 14 | Lack of Autonomy    | <input type="checkbox"/> Creativity | <input type="checkbox"/> Victory    | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Steps      | <input type="checkbox"/> Challenge |
| 15 | Fixation            | <input type="checkbox"/> Creativity | <input type="checkbox"/> Discipline | <input type="checkbox"/> Courage    | <input type="checkbox"/> Goals      | <input type="checkbox"/> Challenge |
| 16 | Complacency         | <input type="checkbox"/> Passion    | <input type="checkbox"/> Discipline | <input type="checkbox"/> Courage    | <input type="checkbox"/> Steps      | <input type="checkbox"/> Inspired  |
| 17 | Setbacks            | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Confidence | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Challenge |
| 18 | Lethargy            | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Confidence | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 19 | Overindulgence      | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Victory    | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Steps      | <input type="checkbox"/> Impact    |
| 20 | Interruptions       | <input type="checkbox"/> Creativity | <input type="checkbox"/> Victory    | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Support   |
| 21 | Inactivity          | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Discipline | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Goals      | <input type="checkbox"/> Challenge |
| 22 | Noncommitment       | <input type="checkbox"/> Joy        | <input type="checkbox"/> Discipline | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Goals      | <input type="checkbox"/> Support   |
| 23 | Hardship            | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Victory    | <input type="checkbox"/> Faith      | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Impact    |
| 24 | Impatience          | <input type="checkbox"/> Creativity | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Impact    |
| 25 | Image Issues        | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Confidence | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Goals      | <input type="checkbox"/> Impact    |
| 26 | Lack of Purpose     | <input type="checkbox"/> Creativity | <input type="checkbox"/> Victory    | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Goals      | <input type="checkbox"/> Impact    |
| 27 | Religious Doubts    | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Confidence | <input type="checkbox"/> Faith      | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 28 | Spiritual Emptiness | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Victory    | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 29 | Fear of the Unknown | <input type="checkbox"/> Joy        | <input type="checkbox"/> Discipline | <input type="checkbox"/> Faith      | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 30 | Stress              | <input type="checkbox"/> Joy        | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Courage    | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Impact    |

|    |                       |                                     |                                     |                                     |                                     |                                    |
|----|-----------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|
| 31 | Depression            | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Courage    | <input type="checkbox"/> Goals      | <input type="checkbox"/> Impact    |
| 32 | Decision Anxiety      | <input type="checkbox"/> Passion    | <input type="checkbox"/> Confidence | <input type="checkbox"/> Faith      | <input type="checkbox"/> Steps      | <input type="checkbox"/> Inspired  |
| 33 | Procrastination       | <input type="checkbox"/> Passion    | <input type="checkbox"/> Discipline | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Goals      | <input type="checkbox"/> Support   |
| 34 | Lack of Confidence    | <input type="checkbox"/> Joy        | <input type="checkbox"/> Confidence | <input type="checkbox"/> Courage    | <input type="checkbox"/> Goals      | <input type="checkbox"/> Support   |
| 35 | Perfectionism         | <input type="checkbox"/> Creativity | <input type="checkbox"/> Confidence | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Goals      | <input type="checkbox"/> Impact    |
| 36 | Sorrow                | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Faith      | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 37 | Past Failures         | <input type="checkbox"/> Creativity | <input type="checkbox"/> Confidence | <input type="checkbox"/> Courage    | <input type="checkbox"/> Goals      | <input type="checkbox"/> Support   |
| 38 | Fear of Success       | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Victory    | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 39 | Unappreciated         | <input type="checkbox"/> Joy        | <input type="checkbox"/> Confidence | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Inspired  |
| 40 | Lack of Communication | <input type="checkbox"/> Joy        | <input type="checkbox"/> Discipline | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Inspired  |
| 41 | Emotional Exhaustion  | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 42 | Past Issues           | <input type="checkbox"/> Joy        | <input type="checkbox"/> Confidence | <input type="checkbox"/> Courage    | <input type="checkbox"/> Steps      | <input type="checkbox"/> Impact    |
| 43 | Fear of Vulnerability | <input type="checkbox"/> Joy        | <input type="checkbox"/> Confidence | <input type="checkbox"/> Integrity  | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Inspired  |
| 44 | Betrayal              | <input type="checkbox"/> Creativity | <input type="checkbox"/> Confidence | <input type="checkbox"/> Faith      | <input type="checkbox"/> Steps      | <input type="checkbox"/> Impact    |
| 45 | Lack of Community     | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Persevere  | <input type="checkbox"/> Faith      | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Challenge |
| 46 | Misalignment          | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Discipline | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Efficiency | <input type="checkbox"/> Challenge |
| 47 | Comparison to Others  | <input type="checkbox"/> Passion    | <input type="checkbox"/> Confidence | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Inspired  |
| 48 | Isolation             | <input type="checkbox"/> Creativity | <input type="checkbox"/> Confidence | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Impact    |
| 49 | Fear of Judgement     | <input type="checkbox"/> Creativity | <input type="checkbox"/> Confidence | <input type="checkbox"/> Self-Aware | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Challenge |
| 50 | Sabotage              | <input type="checkbox"/> Optimism   | <input type="checkbox"/> Victory    | <input type="checkbox"/> Faith      | <input type="checkbox"/> Purpose    | <input type="checkbox"/> Challenge |

# Leader Board

List the scores of the five motivational sources considered in this workbook: Fun & Positivity, Self-Empowerment, Righteousness, Planning & Progress, and Others

Fun &  
Positivity

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Self-  
Empowerment

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Righteousness

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Planning &  
Progress

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Others

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Circle the highest number because  
this type of motivation is your secret weapon.

# Additional Details

Besides the main motivational sources noted, this workbook offers further insight into the specific motivational behaviors and thought processes you are most stimulated by. Make a note of the sub-categories you have selected more frequently than others. For a very detailed analysis, you may use this formula table to produce a frequency percentage.

| Fun & Positivity                     | Self-Empowerment                  | Righteousness                       | Planning & Progress                       | Others                             |
|--------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------|------------------------------------|
| Creativity<br>____ ÷ 15 = ____%      | Confidence<br>____ ÷ 18 = ____%   | Courage<br>____ ÷ 8 = ____%         | Certainty of Purpose<br>____ ÷ 19 = ____% | Challenged By<br>____ ÷ 10 = ____% |
| Joyful Pursuits<br>____ ÷ 12 = ____% | Discipline<br>____ ÷ 13 = ____%   | Faith<br>____ ÷ 11 = ____%          | Efficiency<br>____ ÷ 9 = ____%            | Impact<br>____ ÷ 22 = ____%        |
| Optimism<br>____ ÷ 18 = ____%        | Perseverance<br>____ ÷ 10 = ____% | Integrity<br>____ ÷ 14 = ____%      | Goals to Reach<br>____ ÷ 12 = ____%       | Inspired By<br>____ ÷ 10 = ____%   |
| Passion<br>____ ÷ 5 = ____%          | Victory<br>____ ÷ 9 = ____%       | Self-Awareness<br>____ ÷ 17 = ____% | Steps Forward<br>____ ÷ 10 = ____%        | Supported By<br>____ ÷ 8 = ____%   |