



# REFLECTION: MY INTERESTS

Let's look into the sources of your motivation.



My Interest Color is: \_\_\_\_\_

How do your Interests reflect the things you enjoy at work?

Four horizontal lines for writing.

## What's at the top (and bottom) of your agenda?

In the chart below, write down the activities that you're responsible for in your role and the tasks that make up your day. In the second column, write down the percentage of time in your work week that you spend on the activity. In the third column, reflect on how much you enjoy the activity, with 10 being the most, 5 being neutral, and 1 being not very much.

MY RESPONSIBILITIES AND ACTIVITIES AT WORK	TIME %	ENJOYMENT (1 – 10)





# ENERGIZERS / ZAPPERS

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## How are you energized in the workplace?

What activities energize you? What environments energize you?

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Are you fully energized in your organization right now? Why are why not?

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## What activities do you find draining?

What are the biggest Energy Zappers in your role right now?

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What can you do to increase your engagement when faced with these activities?

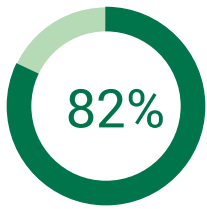
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# Review your own INTERESTS as you work on this exercise

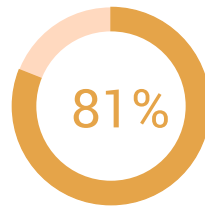


## SOCIAL SERVICE

Helping, advocating for people

### Activities include:

Teaching, counseling, volunteering

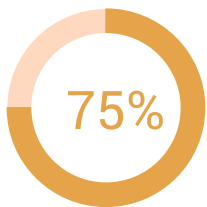


## NUMERICAL

Working with numbers and data

### Activities include:

Accounting, investing, analyzing

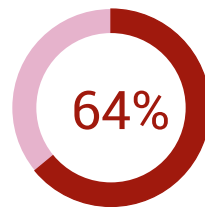


## ADMINISTRATIVE

Systems, order and reliability

### Activities include:

System tracking, record keeping, categorizing

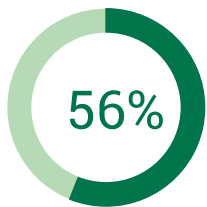


## SCIENTIFIC

Research, analysis, intellectual curiosity

### Activities include:

Investigating, exploring medicine, experimenting

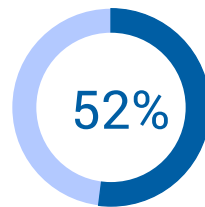


## PERSUASIVE

Persuading, motivating, selling

### Activities include:

Debating, influencing, promoting

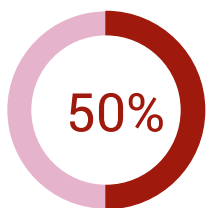


## ARTISTIC

Creation, appreciation for arts, aesthetics

### Activities include:

Painting, appreciating art, designing

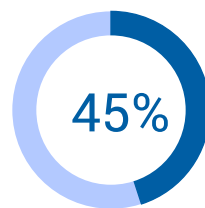


## TECHNICAL

Hands-on work with technology and machinery

### Activities include:

Programming, assembling, using gadgets

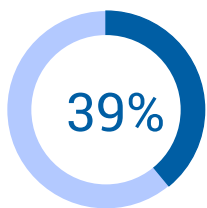


## LITERARY

Appreciation for language

### Activities include:

Writing, reading, editing

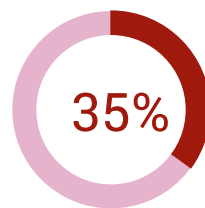


## MUSICAL

Playing, singing or listening to music

### Activities include:

Attending concerts, collecting and appreciating music



## OUTDOOR

Work in an outdoor environment

### Activities include:

Being outdoors, farming, gardening