

QUESTIONS FOR SELF REFLECTION
CHAPTER TEN—HELPING OTHERS MOTIVATE THEMSELVES

1. There are some essential triggers that motivate every one of us. Many of these triggers have to do with competency, being able to get things done, and being able to have freedom and autonomy to decide what to do and how to do it. There are basically two types of triggers that motivate us.
 What are your specific Extrinsic Motivators?
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2. Do you know who, what, when, and where best energizes and drains you? List each one here.
3. Do you protect your personal margin? Do you rest, exercise, and eat well? Do you stay connected with God? Do you associate with motivated people?
4. If you answered no to any of these questions, what are you going to do to change that so you can help motivate others?
5. Following are seven questions we addressed that you ought to ask ourselves at least once a week concerning the people we are spending most of our time with. Use this as your own personal check list.
 - Who will I really care about this week?
 - Who will I challenge to grow and achieve this week?
 - Who will I recognize and affirm this week?
 - How will I connect with someone and explain the larger purpose of what they do in our organization or family?
 - Who will I help to have more freedom to do what they do well this week?
 - What do I need to do to model for others?
 - What can I do to inject some fun and enjoyment this week at home or in the office?
6. What was your best learning from this chapter?