**What Motivates Me? How do you like to be appreciated?**

**Extrinsic Motivation (external factors)**

|  |
| --- |
| **No Dollar Value Attached (eg. Positive, unsolicited email)** |
| 1. |
| 2. |
| 3. |
| **Up to $25.00 (eg. $25 Gift card to movies)** |
| 1. |
| 2. |
| 3. |
| **Up to $250.00 (eg. Restaurant gift card, spa treatment, sporting event tickets)** |
| 1. |
| 2. |
| 3. |
| **Up to $1000.00 (Weekend Getaway, new wardrobe)** |
| 1. |
| 2. |
| 3. |
| **Unlimited Dollar Value (1 month Travel overseas, Mercedes convertible)** |
| 1. |
| 2. |
| 3. |
| **Intrinsic Motivation (Internal/Within you) -** What makes you proud or provides you with a sense of accomplishment in the work you do? |
| 1. |
| 2. |
| 3. |