

Career Strategies -----

Motivation Checklist Tips from Our Clients

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| 1. "Learn something new."
<i>Examples: Spanish, piano, carpentry, dance</i> | _____ | _____ |
| 2. "Do something you always wanted to do."
<i>Examples: built a deck, went on school trips, taught classes, coached a sport, sang in a folk group.</i> | _____ | _____ |
| 3. "Volunteer." Help others or an organization you want to support.
<i>Examples: started a newsletter, counseled teenagers, fundraising, helped to hire executive director.</i> | _____ | _____ |
| 4. "Invest in yourself." Take courses or training to enhance or update your skills.
<i>Examples: Unix, finance for nonfinancial, managers, risk management.</i> | _____ | _____ |
| 5. "Set up a regular weekly work schedule."
<i>Examples: holidays, vacations, weekly goals, plans.</i> | _____ | _____ |
| 6. "Small rewards" for stretch performance and for meeting your goals.
<i>Examples: shopping, time off, beach trip, walk in woods.</i> | _____ | _____ |
| 7. "Make some personal changes."
<i>Examples: lost weight, changed hair cut, new glasses, updated style, new exercise program.</i> | _____ | _____ |
| 8. "Actively manage your stress level."
<i>Examples: stress programs, asked for help, monitored food and drink.</i> | _____ | _____ |
| 9. "Consider major life changes."
<i>Examples: new career, law school, master's degree, moved to Chicago, Texas, Florida.</i> | _____ | _____ |
| 10. Others? | _____ | _____ |