



## How motivated are you?

### PART 1 – My motivational Level (TICK ONLY ONE BOX)

|     |  |  |
|-----|--|--|
| 1.  | My morale is so low I feel that as a team we fail at everything we do. I am ready to give in.  |  |
| 2.  | My morale is so low I don't know what to do.   |  |
| 3.  | My morale is low and it is difficult to achieve anything – life is an uphill struggle.   |  |
| 4.  | I am not happy at work and it is hard work trying to achieve. I do seem to get by somehow.   |  |
| 5.  | I believe our team spirit is low – we have the odd spurt of energy but it is rare.   |  |
| 6.  | I believe that we can sometimes enjoy our success but we are easily knocked down and can become negative.  |  |
| 7.  | The team mostly achieves and usually my morale is good but there are times when my morale drops and I lose interest in doing a good job.                                 |  |
| 8.  | My morale is usually high and most days I feel positive and want to do my best for the company, my manager and the team.   |  |
| 9.  | I am highly motivated most of the time and really enjoy my job. My manager is absolutely marvellous.   |  |
| 10. | I am always highly motivated and always behaves positively I have a great manager and a great team. I feel valued and supported and I believe that our team is the best. |  |

### PART 2 – My Concerns

Please list below 5 of your concerns. For example, problems or dissatisfactions that affect how you feel every day at work. Consider aspects such as having sufficient resources to do the job, being valued, communicated to etc.:

|    |  |
|----|--|
| 1. |  |
| 2. |  |

|    |  |
|----|--|
| 3. |  |
| 4. |  |
| 5. |  |

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