

# Theories of Motivation

REFLECTION ACTIVITY

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# TO BE COMPLETED AT YOUR OWN TIME



1. Consider all the  
Motivation Theories

2. Choose one Motivation  
Theory or a Combination that  
you find easiest to understand  
and that you will be able to  
apply in your work team

**CREATE A PRACTICAL APPROACH  
TO HOW YOU WILL APPLY THIS IN  
MOTIVATING YOUR WORK TEAM**

## Some guidelines:

1. Summarise the theory you choose to use in five key points / principles that you can review daily
2. How can I use this to evaluate the levels of motivation in my team?

### Based on the principles of the theory:

- List three practical things you can do daily to motivate and support team members
- List three things you can do monthly to motivate and support team members

### Based on the principles:

- What habits do you have (ways of doing) that is demotivating to team members that you need to unlearn. Pick two and make it your life mission to unlearn them.
- Pick one new habit that you can discipline yourself to master that will make you more inspired in working with people.

Keep into consideration your Personality, your Team, your Work Environment and Team Dynamics.

# Motivation

