What are my Drivers or Motivators?

Drivers are ways of thinking or things that prompt, prod, push or inspire us into taking sustained action to achieve something or get something done. They are not fixed for all time. They can be positive and negative. When fulfilled we feel empowered – there is a buzz and excitement about life. Some are obvious, others can be more hidden. Here are some examples. Tick the ones that you connect with:

I want to impress them		I'll prove them wrong		I'll make them proud	
I love to win/come first/compete		I like conflict		Anger (over a perceived injustice)	
Loyalty (to a cause/team)		Faith/Beliefs		I want more Money/Power	
I am passionate about……		I love learning		I am not a quitter	
It's my duty		Alcohol/Drugs/Addictions/Risk taking		I want to be like him (or her)(role models)	
I want to be famous/millionnaire		I want new experiences		I want to make a difference	
I want to be part of something bigger than myself		I want revenge		I want to give something back	
I love romance		I feel guilty		I want to leave a legacy	
I am so grateful		I love meeting new people		This is my time….	
I love a bargain		I want to run the Marathon		I want to help/empower people	
I want to have fun….		I like being a martyr		I love making things	
Others?					

It's important that we ensure we build things into our lives that matter to us, especially when we're under pressure. Ask yourself:

What do I need more of? What do I need less of? How can I build in more of my positive drivers?