

# LESSON 1



## What Motivates You?

# FULFILLMENT Fundamentals

"The two most important days in your life are the day you are born and the day you find out why." - Mark Twain

**Food for thought:** We all have different things that motivate us in life. For some it's helping others, being a leader or even creating beautiful art! No matter what motivates you, it's important to start thinking about what drives you so that you can find fulfillment in the path you choose to embark on. Motivations might change over time and that's okay! Remember, what motivates you is personal and unique so there is no right or wrong answer.

**Rank** in order of what motivates you the most (1) to what motivates you the least (6).

	Money / financial status
	Being a leader / having a position of power in society
	Helping / serving / teaching / mentoring others
	Using your hands to build / make or fix things
	Being creative to produce art / music / design / performance
	Engaging in physical activity / sports

**For each motivation below**, come up with two careers that someone with that motivation in life may want to pursue.

*Example: if someone is motivated by helping others they may want to consider becoming a teacher or nurse.*

Motivation	Potential Career #1	Potential Career #2
Money / financial status		
Being a leader / having a position of power in society		
Helping / serving / teaching / mentoring others		
Using your hands to build / make / construct / fix things		
Being creative to produce art / music / design / performance		
Engaging in physical activity / sports		