

## Self-Motivation

### Taking the Initiative:

**1. Why is self-motivation important?**

---

---

---

**2. What motivates you?**

---

---

---

**3. Who is responsible for motivating you in the workplace? Your supervisor? Your peers? Yourself? Why?**

---

---

---

**4. What happens if you don't take responsibility for motivating yourself?**

---

---

---

**5. Can you think of any situation in which you would take on extra work, even if you were not getting compensated for it? Why or why not?**

---

---

---