**HANDOUT [A]: GOAL SETTING AND MOTIVATIONS**

Login to myBlueprint, and review the **Goals** that you have set for yourself. If you have not yet set a goal, this is a great time to get started!

🞏 Which goal is the most important to you and why?

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🞏 What is your action plan to achieve this goal?

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🞏 What is going to motivate your to achieve your goal?

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🞏 Which one of the following categories would you classify your motivation under? Circle the ones that apply to your previous answer.

|  |  |  |
| --- | --- | --- |
| Recognition  | Achievement | Working Conditions |
| Support | Relationships | Independence |

**HANDOUT [B]: MY MOTIVATIONS**

1. Select **Who Am I** from the menu navigation on the left hand side of the screen
2. Complete the **Motivations** assessment by clicking **Start Survey**
3. Click **Add to Portfolio**, select **My CLE** **Portfolio** (+Add)
4. Click **View Report** and answer the following questions

🞏 What are your top two motivation factors?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

🞏 How do your results compare to your own perception of motivation factors in Handout A? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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🞏 How will understanding your top motivation factors help you achieve your goal?

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🞏 Go to **Goals**, and add one more task to your action plan related to your motivation factors.

🞏 How will understanding your top motivation factors help you pick a career?

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1. Go to **Portfolios** and select **My CLE** **Portfolio**
2. In your **Motivations Survey Report** box, click **+Reflection** and add your answers to the Handout [B] questions