**Assignment 5: Based on your motivation: what job would you like to do
 and what steps can you take**

This assignment will take ca. 30 minutes.

**Start with individual reflection first (15 minutes):**

* You’ve taken stock of last year.
* You’ve identified activities that you both enjoy doing and feel you are good at; your strengths.
* You’ve identified core values and thought about how you express or could express them in or through (your) work.
* You’ve thought about areas in your life that you care about and what you would like to accomplish in those areas in the next 5 years.

Let’s now focus on the area of attention work/career and see what your findings tell you about your motivation (the M) and the questions below.

Looking at the job/type of work:

* What actions could you take to get a picture at all or an even more concrete picture of what fit’s with your motivation;
* What actions could you take to start working towards achieving this job/type of work;
* What will be the action you are going to take in the next 72 hours?

Looking at your findings, what do they tell you about:

* What motivates you when it comes to your work;
* What it is that you would like to do best in the context of your work;
* What job or type of work fit’s with this motivation?

When you are ready, or after 15 minutes, contact your buddy.

**Teamwork (15 minutes)**

* Share your findings with your buddy.
* Listen carefully and probe.
* What job or type of work fit’s with the motivation of your buddy?

**At 15.00 return to the plenary session.**