New Breaks, New Horizons Document 1.1

**Motivation – Why Should I Work?**

There are many reasons why people choose to work. Tick as many of the following that you think apply to you, and add any that aren’t included:

|  |  |
| --- | --- |
| **Motivation** | **Tick** |
| To gain financial income |  |
| To give me a sense of purpose |  |
| To prove I can! |  |
| To give me something to do |  |
| To feel I am contributing |  |
| To get out of the house |  |
| To spend time with other people |  |
| To feel I am doing something worthwhile |  |
| To stop me getting bored |  |
| To learn new things |  |
| To see what I am capable of |  |
| To use the skills I already have |  |
| To gain some independence |  |
| To feel less isolated |  |
| To fulfil an ambition |  |
| To progress my career |  |
| To improve my self-esteem |  |
| To meet new people |  |
| To make a difference |  |
| To gain some control over my life |  |
|  |  |
|  |  |

Now, rank the top three motivating factors for you, in order of importance:

1.

2.

3.

There are no right or wrong answers, just answers which are right for you.

Your motivations for working will have an influence on the type of work you choose.

For example, if your top three motivations were:

1. To make a difference
2. To give me a sense of purpose
3. To feel I am doing something worthwhile

then it may be that volunteering for a cause close to your heart might be worth considering.

However, if your top motivating factors are:

1. To gain an income
2. To progress my career
3. To gain more independence

then it might be that you need a paid role, as opposed to a voluntary one.

Keep your motivations in mind while you think about the type of work which would be best for you, and check back sometimes to remind yourself of why you are looking for work. This should help to guide some of the choices and decisions you make.