

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 more 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.