

What motivates you?

When were you excited and motivated to accomplish a task or goal?

What enabled you to accomplish the task or goal?

What was important to you about accomplishing the task or goal?

What are some significant accomplishments in your life?

What activities have you enjoyed in the past?

Look over the list of action verbs on the following page and circle the words and phrases that resonate with you. If words that resonate with you are not listed, write them in the space provided. (The words and phrases are listed in alphabetical order, not order of importance.)

Then narrow the list down to three verbs that best represent how you want to accomplish your vision. Write your words below.

What motivates you?

Accomplish	Direct	Institute	Receive
Address	Discover	Instruct	Reclaim
Adjust	Discuss	Integrate	Reconcile
Administer	Distinguish	Invent	Reduce
Adopt	Distribute	Investigate	Refine
Advance	Dream	Invigorate	Reflect
Advocate	Educate	Involve	Reform
Affirm	Elaborate	Join	Regard
Alleviate	Eliminate	Keep	Reject
Amplify	Embrace	Know	Relax
Analyze	Employ	Launch	Release
Apply	Empower	Lead	Remember
Appoint	Encourage	Listen	Renew
Appreciate	Energize	Live	Repair
Assemble	Engage	Love	Replace
Assist	Engineer	Make	Represent
Believe	Enhance	Manage	Rescue
Build	Enlist	Master	Resolve
Change	Enliven	Maximize	Respect
Choose	Enrich	Measure	Respond
Claim	Ensure	Mediate	Restore
Collaborate	Entertain	Model	Return
Collect	Equip	Modify	Revamp
Combine	Establish	Monitor	Revise
Communicate	Excite	Motivate	Revive
Compile	Execute	Move	Revolutionize
Complete	Exhibit	Multiply	Satisfy
Compliment	Explain	Nurture	Sell
Compose	Explore	Observe	Serve
Conceive	Express	Obtain	Shape
Confirm	Extend	Open	Solve
Connect	Facilitate	Operate	Speak
Consider	Finance	Optimize	Stand
Construct	Forgive	Organize	Strengthen
Consult	Fortify	Participate	Structure
Contribute	Foster	Perform	Supply
Continue	Further	Plan	Support
Convert	Gather	Play	Sustain
Convey	Give	Possess	Take
Coordinate	Guard	Practice	Teach
Counsel	Guide	Praise	Train
Create	Heal	Prepare	Transfer
Decide	Hold	Present	Transform
Defend	Identify	Preserve	Transmit
Delight	Illuminate	Produce	Understand
Deliver	Illustrate	Promise	Use
Demonstrate	Implement	Promote	Utilize
Design	Improve	Provide	Validate
Detect	Improvise	Pursue	Value
Determine	Influence	Question	Volunteer
Develop	Initiate	Raise	Worship
Devise	Innovate	Realize	_____
Differentiate	Inspire	Rebuild	_____