

Outline

What Motivates You?

You are drawn to certain people and activities because of your internal motivators, so it helps to know what drives you. Is it love? Need? Control? When you understand what motivates you, you can make better choices. This lesson will help you gain that understanding.

DVD small group discussion questions:

#1: Keeping in mind your most important goal, what really drives you, or is your strongest motivator?

#2: What “bad” motivators have kept you from your goal?

#3: Are you more energized by the positive motivators or the negative?