

TECHBBQ x today

**INNER  
MOTIVATION  
REFLECTION**



# Inner Motivation Reflection

- A founder's motivation is to entrepreneurship what fuel is to the engine of a train. Maintaining healthy motivation on the start-up journey is essential to founders' mental wellness and performance.
- Intrinsic motivation is the more powerful and long-lasting type of motivation, but it can be diminished by extrinsic factors such as money.

# What motivates you?

**Firstly, use the following questions to reflect on what factors motivates you.**

- Why do you get out of bed each morning?
- Why do you come to work each morning?
- What excites you the most?
- What are you most proud of?
- How can you make the biggest impact on the world?

# Reflecting on your answers

**Then, use the reflections from the last page for the following considerations:**

- Does your current work align with the factors that motivate you?
- If yes, put these descriptions of your motivators in visible places to remind yourself in times of difficulty.
- If not, why not? Is there something you can do to realign that?

# Sources Cited

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