

  
**Wise Caterpillar**  
*My Motivators*

Do you know what motivates you? Do you sometimes find yourself stuck for get-up-and-go? To build motivation into your everyday life, assess how far each of the following factors motivates you – then build your life around your highest motivators.

<b>Motivator</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Mind</b>								
Learning								
Peace								
Problem solving								
Innovating								
Reflecting								
Analysing								
Collaborating								
Meditating								
Humour								
Creativity								
Debate								
Competition								
Independence								
Art								
Science								
Focus								
Multi-tasking								
Dialogue								
2D Diagram								
3D models								
Reading								
Hearing								
Viewing								
<b>Body</b>								
Health								
Taste - Bland								
Taste - Sour								
Taste - Bitter								
Taste - Sweet								
Taste - Salty								
Sound - Quiet								
Sound - Loud								
Sight								
Sensation - Textured								
Sensation - Smooth								
Sensation - Hard								
Sensation - Soft								
Activity - High								
Activity - Low								
Activity - Flexibility								
Activity - Aerobic								
Activity - Muscular								
Activity - Indoors								
Activity - Outdoors								
<b>Spirit</b>								
Connection								
Intuition								
Insight								
Understanding								

