** Eye on the Goal Self-Motivation**

Adapted from the CRM *Emotional Intelligence Workbook*

Every job has its mundane or unpleasant tasks ranging from weekly reports, photocopying, or performance reviews. Yet they must be done to reach a greater goal. A big part of self-motivation is learning to connect in a positive way with everything you are doing.

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| 1. Identify a few aspects of your job which make you uncomfortable or bored. Be honest. |
| 1. Why are each of these tasks important? |
| 1. How might you think about these tasks differently so that you can take greater satisfaction in doing them? |