

Motivation Exercise – what motivates you most / least?

Complete this form and share the results.

#	FACTOR	MOTIVATION FACTOR 1 = Low, 5 = High	CURRENT SATISFACTION 1 = Low, 5 = High
1	Scrum Master showing concern for you as a person		
2	Being trusted to make decisions as part of a self-organising team		
3	Having a good relationship with Scrum Master		
4	Having good relationships with your team mates		
5	Seeing the Scrum Master's enthusiasm and decisiveness		
6	Being responsible for planning and estimating your own work		
7	Being recognised for your efforts		
8	Having work delegated to you		
9	Being recognised as a senior member of the team		
10	Being able to interact with the Product Owner		
11	Being recognised as an experienced member of the team		
12	Getting on well with your team mates		
13	Attaining your goals and meeting targets		
14	Being satisfied with your job		
15	Your workspace and working conditions		
16	Having responsibility for discrete areas of work		
17	Working under pressure		
18	A competitive environment		
19	Working in a team		
20	Having to cut corners on quality		
21	Receiving constructive feedback and coaching		
22	Feeling part of a successful team		
23	Getting code 'done' and seeing the result		

#	FACTOR	MOTIVATION FACTOR 1 = Low, 5 = High	CURRENT SATISFACTION 1 = Low, 5 = High
24	Carrying out complex analysis		
25	The team's structure and processes		
26	Having a personal job title		
27	Being supervised		
28	Having social functions		
29	Receiving detailed guidance on how to do a task		
30	Being able to learn new technologies and technical skills		
31	Being given clear objectives		
32	Being seen to live unto commitments you make		
33	Attending high level meetings		
34	Starting work early in the morning		
35	Finishing work late in the evening		
36	Having to test your own code		
37	Being able to provide feedback to others		
38	Having to attend a daily scrum meeting		
39	Being able to improve soft skills, e.g. communication techniques, time management, managing expectations..		
39	Being able to learn from others		
40	Other (specify)		