



Setting Your Objective

In UPschool's "What Drives You?" Program, we use The Motivation Factor™ framework and the Hierarchy of Motivation® to explore and enhance multiple aspects of your work and life.

Each exploration starts by identifying an aspect of your work or life and envisioning the ideal you want to achieve. This worksheet helps you begin the process and as a member of UPschool you get guidance and coaching through each step.

- 1. What is your objective as a member of UPschool?** (Envision the change you want to see in yourself: Today I am X. As a result of my membership, I am Y.) *Describe "Y"*

- 2. How will you be able to tell you've achieved your objective?** (When you've achieved "Y", what do you and/or others see that is different?) *You can tell because...*

- 3. Why is this change important?** (Brainstorm the reasons this is important. Consider using the "5 Why's" exercise found in this workshop's materials to uncover deeper reasons.) *This change is important because...*

4. How will this change impact me and those I care about?

(Brainstorm impacts. Consider both intended/positive and potentially unintentional/negative impacts)

This change will impact me in the following ways:

This change will impact those I care about in the following ways:

5. By when will I achieve this change? (Choose a date by which you would like to realistically effect this change)

I will accomplish this by the following date...

6. Declaring My Future. (Construct a SMART goal to articulate your objective. A SMART goal overview is available in the workshop materials)

Reflection:

Consider what you like most about your declaration.

Consider what concerns you have about your declaration.

How do you feel about your declaration?

What questions do you have?

Join your fellow UPschool members at an upcoming "open Q&A for live coaching if you'd like to further explore this topic.