

# LEVEL 1

## Core Motivations



---

### OVERVIEW

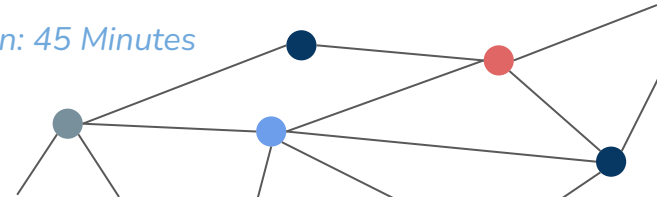
---

This level will help you understand something awesome and mysterious inside of you called **Core Motivations**.

Finish this level by taking a powerful detection assessment that will teach you what your top Core Motivations are.

**Next**

*Duration: 45 Minutes*



## Lesson 1 - What is Core Motivation?

# Goal

Students will be able to explain what core motivations are and explain how they help give us our true identity.



In the story of Superman, Clark Kent discovered he was not the son of poor farmers, but he was the son of Jor-El from the planet Krypton. He also discovered he had **amazing powers**.

In the Narnia book, a young teenage girl named Lucy discovers that she was not just an average London city girl but is a queen with great powers of healing.

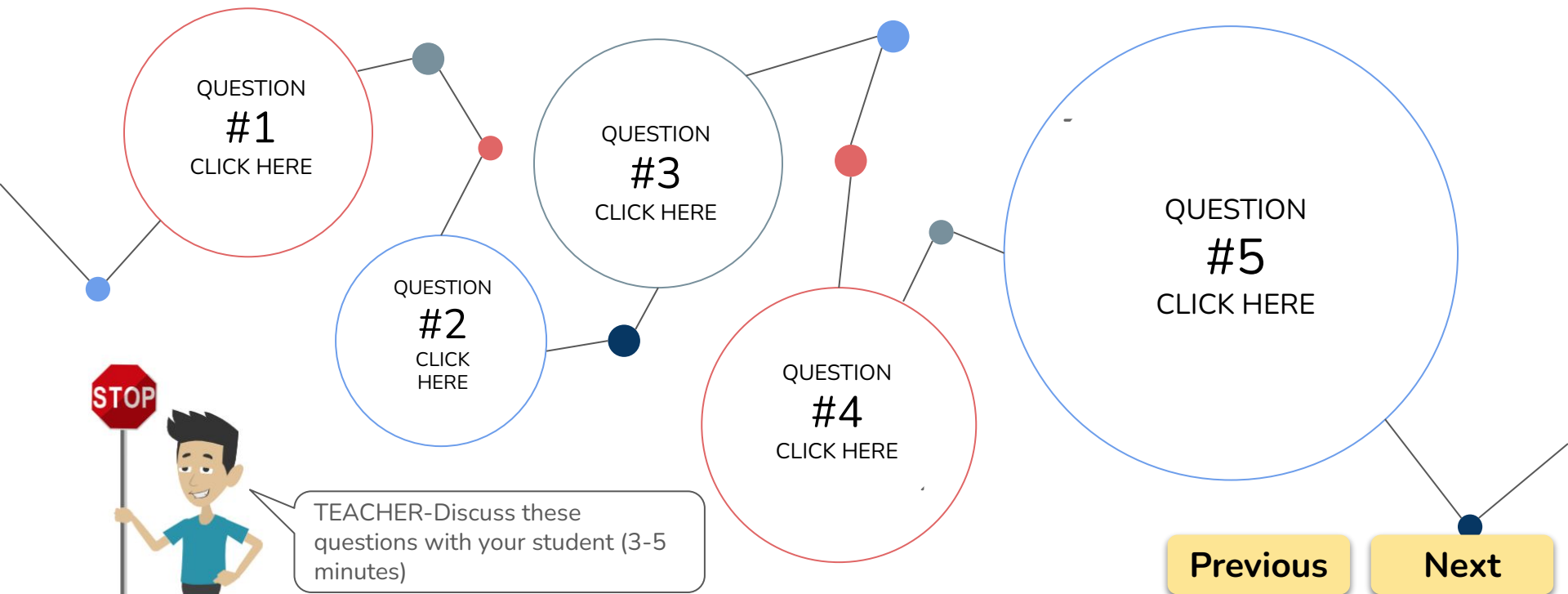
Both Clark Kent and Lucy didn't know who they truly were until it was revealed, and they were given their **true identities**, and Both became heroes. [In this lesson you will learn something very important about your true identity.](#)

Previous

Next

# Activity

Let's have some fun thinking about what motivates you by answering the following questions:





Think about the questions you discussed in the last activity.

Why are these activities so **satisfying** and **enjoyable**? Why do you do them so well?

It's because these stories may be telling you about something called your Core Motivation (CM's)



**Core Motivations** are what was discovered in humans more than 60 years ago!

[Previous](#)

[Next](#)

## Lesson 1 - Who are you?

# What are Core Motivations?



Click on each student to learn what Core Motivations are.



Core Motivations (CM's) are what make you **come alive!** It's why you get out of bed in the morning.



It's a blueprint of why you do what you do and gives you a sense of meaning, joy, and fulfillment in what you do.



They cause me to get so focused on doing something that I sort of lose track of time. It's when I feel at the "top of my game." Like nothing can stop me.



Core Motivations are why I am motivated to do some things and less motivated to do others.



Core Motivations influence my behaviors and decisions...more than I realize.

[Previous](#)

[Next](#)

## Your Core Motivations (CM's) are **ENDURING**

“Enduring” means continuing on or long-lasting



Your CM's appear early in life and are with you throughout your entire life.

Previous

Next

# Your Core Motivations are **IRRESISTIBLE**



Regardless of environment or circumstance, your CM's will try and show up...They can't help it!

[Previous](#)

[Next](#)

## Your Core Motivations are **IRRESISTIBLE**

Think about a job that you don't enjoy doing like taking out the garbage. Even if you don't like the job, your CM's will try and make an appearance.

If you are unable to use your CM's in that job, you will find other things to do where your CM's are loud and proud.

**Example** - if one of your CM's is to innovate and create, you will try and think of ways you can improve the garbage can or how you can make that job easier. If one of your CM's is to seek recognition, you will concentrate on how to get noticed taking out the garbage.

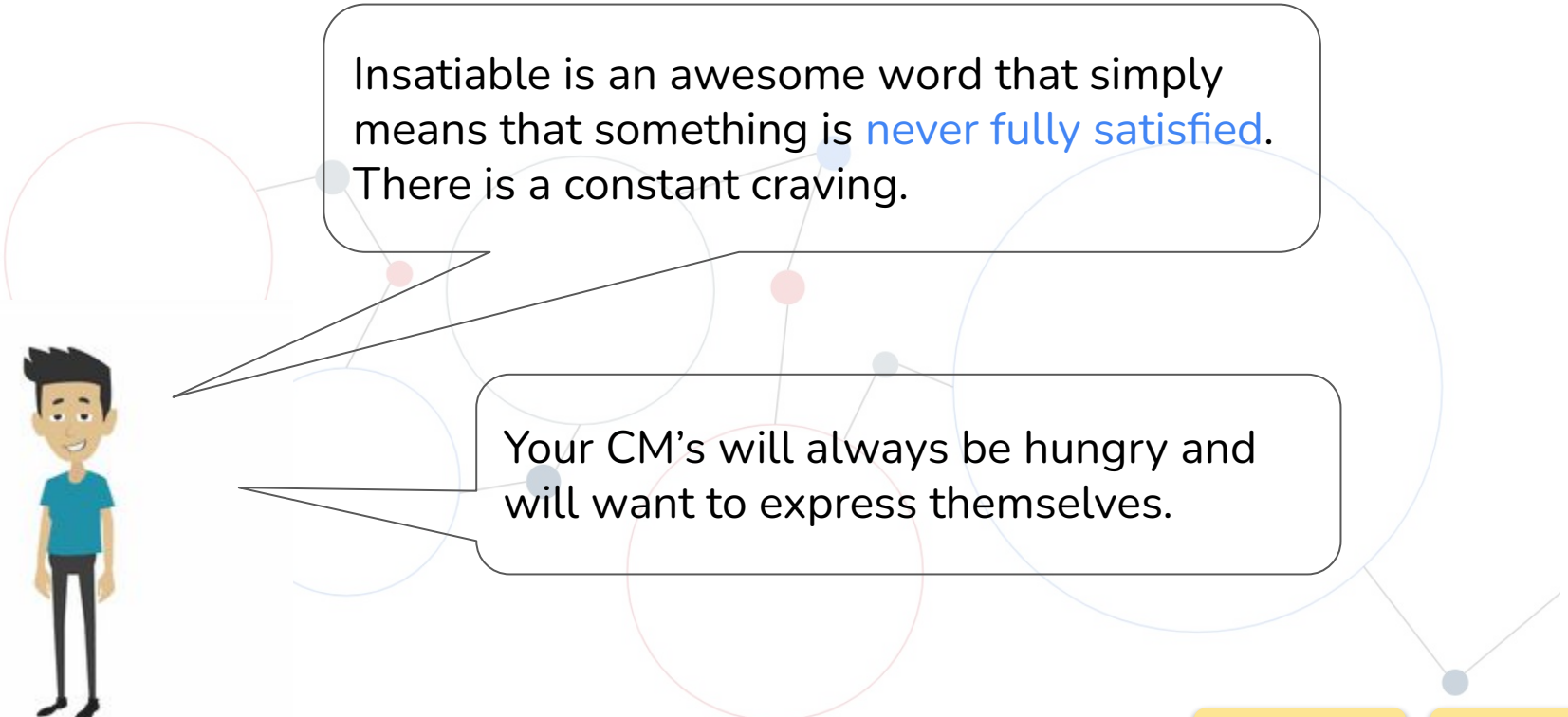


[Previous](#)

[Next](#)



## Your Core Motivations are **INSATIABLE**



Insatiable is an awesome word that simply means that something is **never fully satisfied**. There is a constant craving.



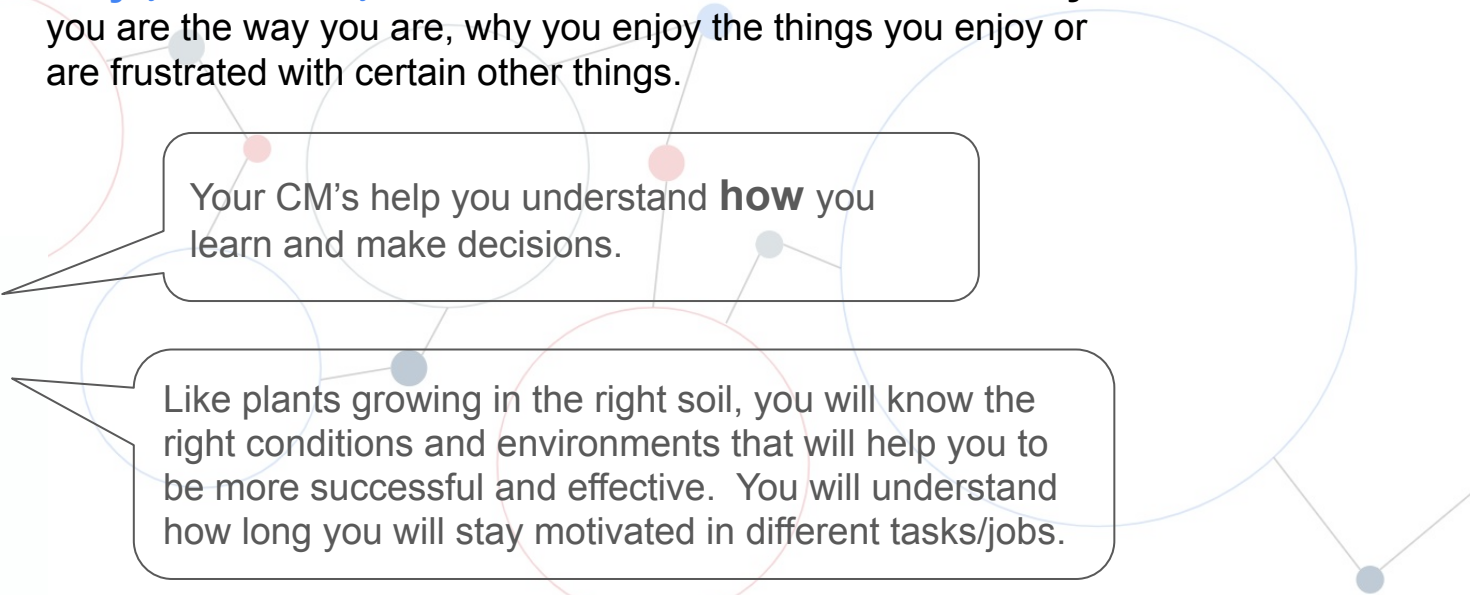
Your CM's will always be hungry and will want to express themselves.

[Previous](#)

[Next](#)

## Your Core Motivations are **EXPLANATORY**

Once you understand your CM's, you will be able to explain **why** you do what you do. It will be a relief to understand **why** you are the way you are, why you enjoy the things you enjoy or are frustrated with certain other things.



Your CM's help you understand **how** you learn and make decisions.

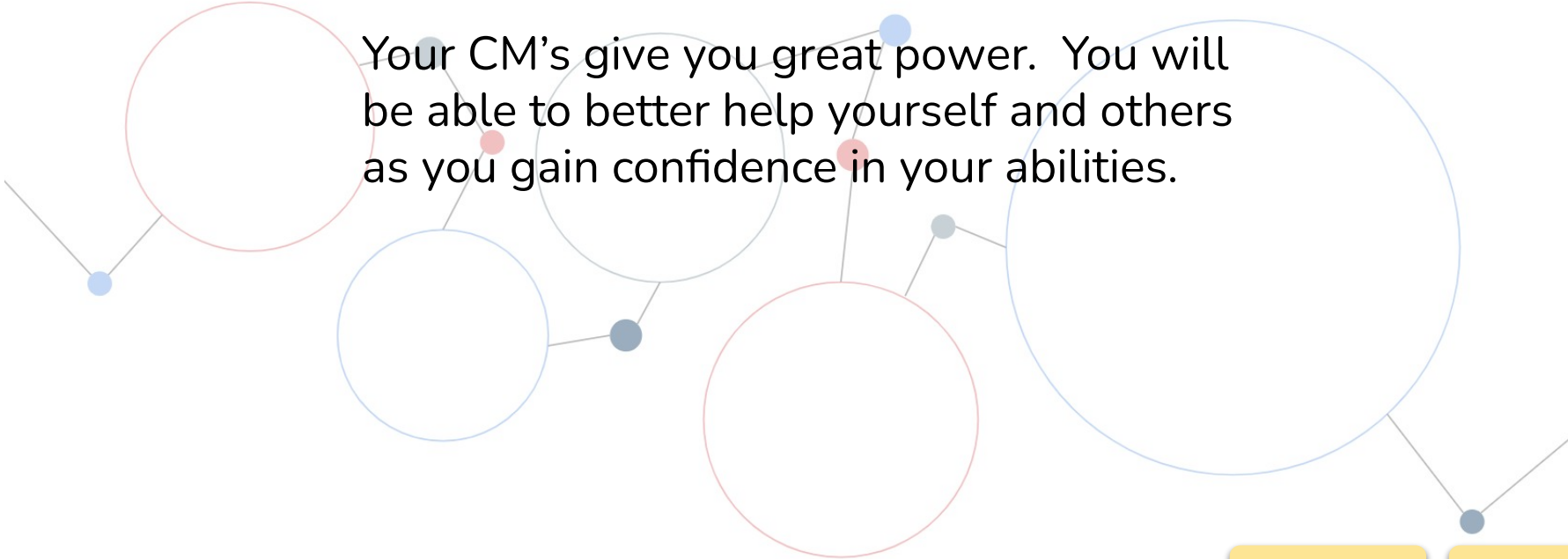
Like plants growing in the right soil, you will know the right conditions and environments that will help you to be more successful and effective. You will understand how long you will stay motivated in different tasks/jobs.



[Previous](#)

[Next](#)

Your Core Motivations are **POWERFUL!!**



Your CM's give you great power. You will be able to better help yourself and others as you gain confidence in your abilities.

[Previous](#)

[Next](#)

Knowing your core motivations is a wonderful thing!

They make you authentic (**unique**) and different from everyone else.

Kinda like Lucas...showoff!



[Previous](#)

[Next](#)

# Reflection

There is something about you that is amazing and wonderful. It's something called Core Motivation.

Core Motivations make you come alive!



I had to try it too :)

How do you discover what your core motivations are? In the next lesson you will find out.

