

Motivation and Confidence Development Check List

Check List Statements	1 Low - 5 High	Comments
I understand the difference between intrinsic and extrinsic motivation		
I understand the concepts of Purpose Autonomy and Mastery and aspects of these that motivate me in my job		
I have completed my own personal value set and regularly review these against my behaviours		
I understand the concepts of fixed v growth mindset and have evaluated areas where I might demonstrate a fixed mindset		
I understand the confidence paradox and know what actions I can take to drive my own confidence		
I have reviewed the Purpose Autonomy and Mastery video		
I have reviewed the fixed v growth mindset video		
I have read and internalised the refresher document and supporting blogs		