

Motivations and Frustrations Exercise

Individually reflect on your motivations and frustrations. Starting with the team leader, share your responses. Take notes about your team members' motivations and frustrations on the next page.

What do you need from others to be successful? What motivates you?

What could others do more or less of to frustrate you less?

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Take notes on how you can be more effective with each member on your team as they share their motivations and frustrations.

Team Member Name	Motivations and Frustrations Notes