

NTI Day 2 Packet

1. Think about a motivating person, for example, a teacher, sports personality, music star, etc. Tell who it is and list the personality traits of this person.
2. Make a list of at least 5 things that motivate you.
3. Generate words that you think describe the personality traits of a de-motivating person and make a list of these.
4. Tell how someone with the traits you listed in number 3 can impact you.
5. Complete the chart below.
6. Write a paragraph about how it would make you feel to be around a person that is negative (de-motivating) all the time.

De-Motivating Statements	Motivating Statements
Work is a pain	Work is an adventure
But I cannot do that	
I don't have time to do this	
I must get out of this job	
There are no good jobs for me here	
My day begins after work	
Nobody is interested when I say.....	