

Wake Up Eager Life: Own It! Accountability & Motivation Worksheets

Accountability Self-Test & Motivator Reflection

Rate yourself on a scale of 1 (Rarely), 3 (Sometimes), to 5 (Consistently).
Circle one strength and one area to improve.

#	Statement	Rating (1-5)
1	I take ownership of mistakes instead of blaming others.	
2	I follow through on commitments, even when inconvenient.	
3	I reflect on setbacks and apply lessons forward.	
4	I admit when I've overcommitted or need help.	
5	I act with integrity and protect confidentiality.	
6.	I set and work daily toward meaningful goals.	

My Top 2 Motivators:

1. _____
2. _____

Six Workplace Motivators

THEORETICAL / KNOWLEDGE	UTILITARIAN / ECONOMIC	AESTHETIC/HARMONY
INDIVIDUALISTIC / POLITICAL	SOCIAL / ALTRUISTIC	TRADITIONAL / REGULATORY

Reflection Prompts:

- How do my motivators make accountability easier for me?
- How might they make it harder?



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Accountability + Motivators: Superpowers, Traps and Catch-Phrases

Your Motivators act like the fuel system in your car — they determine what energizes you, what drains you, and how smoothly you stay in motion. When used well, they give you power and traction. When overused or misdirected, they can create blind spots, stalls, or detours in your accountability



THEORETICAL / KNOWLEDGE

You love learning so much... you still have tabs open from last Tuesday.

Superpower: You are research-driven, thorough, solution-oriented. You think deeply and solve brilliantly.

★ **Trap:** "Analysis paralysis." When clarity feels safer than action, deadlines slip.

Catch phrase: Learning is great — but learning isn't done until action begins.



UTILITARIAN / ECONOMIC

You can smell in-efficiency from across the room.

Superpower: You're powered by ROI. You deliver results fast.

★ **Trap:** If payoff isn't clear? Follow-through drops or you rush and skip steps.

Catch phrase: Clarity of payoff = clarity of action.



AESTHETIC/HARMONY

Harmony is your happy place — conflict, not so much.

Superpower: You value harmony, balance, and a smooth ride — for yourself and others. You create balanced, uplifting environments.

★ **Trap:** You avoid discomfort, which means you may avoid accountability moments.

Catch phrase: Peace matters — but progress matters too.



SOCIAL / ALTRUISTIC

Your heart is huge — maybe too huge.

Superpower: You drive best when someone depends on you. Service fills your tank. You follow through for people.

★ **Trap:** Overcommitting leads to scattered focus or burnout.

Catch phrase: Care deeply... but choose wisely.



INDIVIDUALISTIC / POLITICAL

Born to lead — you raised your hand before the question finished.

Superpower: You step up quickly and take charge. Ownership comes naturally — you like being behind the wheel.

★ **Trap:** When mistakes hit your image, vulnerability feels risky — ownership slips.

Catch phrase: Real leadership is willing to be seen learning.



TRADITIONAL / REGULATORY

If the plan changes... you notice.

Superpower: You value rules, order, and consistency — like clear road signs and well-marked lanes. You honor commitments and follow structure.

★ **Trap:** Lack of structure or shifting expectations stalls your action.

Catch phrase: Structure supports accountability — but flexibility strengthens it.

★ *These patterns aren't flaws — they're strengths in overdrive.*

Understanding them helps you work with your wiring instead of against it — the Wake Up Eager way.



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Accountability & Motivator Goal Plan

Step 1 – My Accountability Win:

One accountability behavior I already do well is:

Step 2 – My Accountability Opportunity:

One accountability habit I want to strengthen is:

Step 3 – Motivators Connection:

Which motivator can I leverage to help me strengthen this habit?

Which motivator might trip me up, and how will I manage it?

Step 4 – My Next Step:

I commit to [specific accountability habit] because it supports my [motivator].

I will measure success by:
