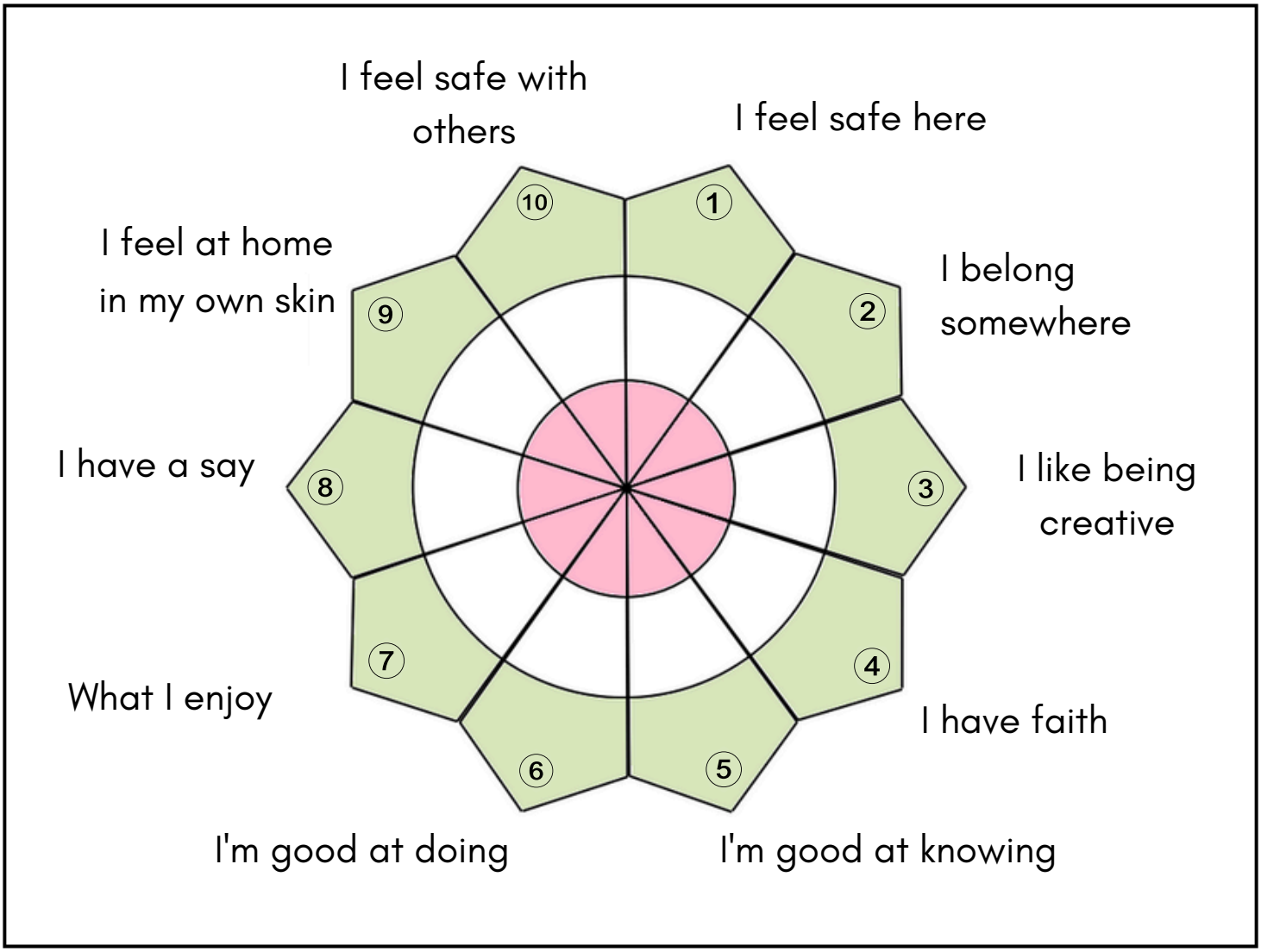
The Motivation Compass



Motivations explained

1
- A roof over your head
- Care when you are ill
- Access to healthcare
- Good sleep, food and exercise
- No financial worries
- Having your own safe space

2
- Wanting to belong to a group
- Contributing to the community

3
- Expressing yourself
- Being creative
- Longing for new things

4
- Religion? Culture? Other
- forms of this? (e.g. alternative medicine)
- Meaning in life
- Being there for important others?

5
- What do you know a lot of?
- What are you an expert in?
- What could you help others learn?
- What do you like at school?
- What do you love to learn?

6
- What are you good at?
- What are you passionate about?
- What makes you feel proud of yourself afterwards?

7
- What brings you joy?
- What do you enjoy?
- What makes you happy?
- Do you have fun hobbies?

8
- A say in personal priorities and care path
- Influence on everyday decisions
- Low emotional age: false choices
- What can they do alone?

9
- How can you find calm?
- What helps you decompress?
- Coping for emotion regulation (alone vs. with someone)
- Filling in a signalling plan

10
- Secure attachment?
- How do they relate to others?
- Wanting to form a bond
- Wanting to be on good terms
- Being able to take others into account
- Resisting peer pressure
- Do they trust their network?