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Love Most Matrix

The Love Most Matrix is a tool for individuals and teams to identify what really motivates and de-motivates them at work and in life. It compliments strengths-based discussions when integrated with CliftonStrengths philosophy.

Love Most	Love Least
What do I love most at work and in life?	What do I love least at work and in life?
Do Best	**Do Worst**
What do I do best, better than 90% of those around me?	What do I dread doing, because I am so bad at it or it causes me so much stress?

Based on your Love Most and Do Best, what would you love doing more of at work and in life?

Based on your Love Least and Do Worst, who can you turn to for assistance?

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