

# MOTIVATION

[Watch this video on intrinsic versus extrinsic motivation](#)



Value x Expectation (of success) = Motivation

What Values (Extrinsic or Intrinsic outcomes or experiences) do you rely on? Take 5 minutes to make a list of what motivates you already & which motivators you can adapt into your life?

# WHAT MOTIVATES?

- Grades
- Recognition
- Certificates
- College Credits
- Promotions
- Record/Top Score
- Praise/Approval
- Dean's List
- Money



- ⦿ Autonomy (control)
- ⦿ Belonging (connected)
- ⦿ Competence (mastery)
- ⦿ Dreams (purpose)
- ⦿ Esteem (positive)
- ⦿ Fun (interest/pleasure)
- ⦿ Goals (accomplishment)
- ⦿ Safety (security)

**Extrinsic Motivation**  
**Outcomes**

**Intrinsic Motivation**  
**Experiences**

1. Watch this video by [Nick Vujicic](#)



2. Watch this video about [Motivation](#)

Take 5 minutes to free write a personal response to these videos

Write 3 goals for yourself this semester.

Use the **DAPPS** rules for goal setting:

**Dated** – Specific deadlines for achievement.

**Achievable** – Goals must be realistic.

**Personal** – Goals must be what YOU want for yourself-  
not what someone else wants for you.

**Positive** – Goals must focus on what you want rather than  
what you don't want.

**Specific** – Goals must be stated in specific, measurable terms.

YOUR NEXT STEP?



FOLLOW THROUGH!

