

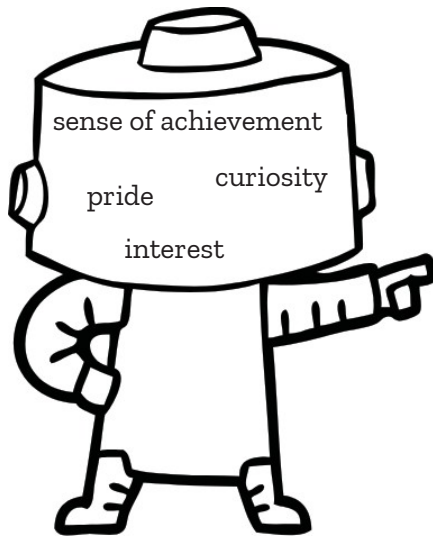
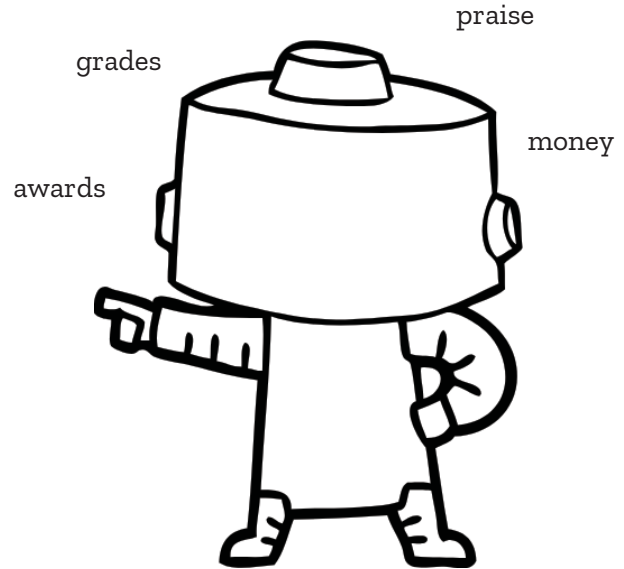
WHAT MOTIVATES ME

Introduction

Motivation is the reason, or reasons, someone has for acting or behaving in a particular way. It is your driving force, your sense of purpose. It is the “why” behind your decisions. It is your desire to achieve your daily goals. There are two different types of motivation - extrinsic motivation and intrinsic motivation and we are going to learn about both types and then explore what motivates you and your match partner.

EXTRINSIC MOTIVATION

When people do something for an external reward or a tangible result. For example, working to get paid. It's the motivation to engage in a certain behavior not because you enjoy it, or because you find it satisfying, but in order to get something in return or avoid something unpleasant. You can think of it as “external” motivation.



INTRINSIC MOTIVATION

When people do something for the joy of doing it, or because they think it is the right thing to do. For example, spending time doing a hobby. It's the motivation to engage in a certain behavior that stems from within the person because they experience natural satisfaction. You can think of it as “internal” motivation.

Benefits of Intrinsic Motivation

While both types are important, each type can have different effects on our behaviors and how we pursue our goals.

Intrinsic motivation is more likely to help you develop and build better habits because it requires no justification to work on those habits. You don't need to have a reason.

Instructions

Let's figure out what motivates each of you.

- Take turns answering the questions on the *What Motivates Me Questions* sheet (next page) to learn more about your own motivation.

WHAT MOTIVATES ME QUESTIONS

What makes you smile? (activities, people, events, hobbies, projects, etc.)

What makes you feel great about yourself?

People who inspire you?

Qualities that inspire you?

- *
- *
- *
- *
- *

How are you supporting or showing up for others?

What is a quote that inspires you?

What are some challenges, difficulties, and hardships you've overcome or are in the process of overcoming?

How did you, or how will you, overcome these challenges?

What are some things your match partner can do to support you?
