

WHAT MOTIVATES YOU?

THERAPEUTIC RECREATION - LEISURE EDUCATION

NAME:

DATE:

Extrinsic Motivation (EM) occurs when we are motivated to perform a behavior or engage in an activity to earn a reward or avoid punishment.

Intrinsic Motivation (IM) occurs when we and we engage in a behavior because it is personally rewarding, rather than engaging to receive an external reward.

Provide one example of EM:

Provide one example of IM:

Pick a goal orientated behavior you had over the past week (i.e. go to work)

1. What were the extrinsic motivations?
2. What were the intrinsic motivations?

Pick a goal you are motivated to accomplish this year (i.e. learn to play guitar)

1. List the extrinsic motivations:
2. List the intrinsic motivations: