

**What Motivates You?**

<b>My Reason for Taking Part in Goal Area</b>	<b>Priority Rating</b> 1 - very important; 2- somewhat important; 3 - slightly important	<b>Motivation Rating</b> I - Intrinsic E - Extrinsic

Intrinsic Motivation – motivation that is based on the satisfaction of engaging in a behavior for it’s own sake. That is doing the behavior is motivating.

Extrinsic Motivation – motivation that is instrumental in nature. That is, it aims toward obtaining an outcome (e.g., reward/punishment).