**Motivational Factors**

***Objective:*** *To learn about the factors that influence motivation and to identify personal motivators.*

**Influences on Intrinsic Motivation:**

1. Autonomy - the need to feel *choiceful* in one’s actions and engaging in activities because they are aligned with one’s values and interests. Recognizing that many of our responsibilities are truly choices, not requirements.
2. Competence – the need to *test* and *challenge* one’s abilities. Participating in activities and coursework that require sufficient effort.
3. Relatedness - the need to establish mutual, close, secure relationships with others. Finding friends, classmates, and mentors who can relate to one’s goals and offer support (and vice versa).

**Examining these Influences in Your Life:**

The things I am *choosing* to do (in school, at work, at home, etc.) are…

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I can *test* and *challenge* my abilities by…

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The people who *support* me are…

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