

SELF-DETERMINATION THEORY: Do you *want to* or do you *have to*?

Are you *intrinsically* motivated to achieve your goal? What is the quality and degree of your motivation? How *self-concordant* is your goal? Is it inspired by your lifelong evolving interests and deeply held core values? How can you own the goal and make it fun? What are the reasons for your actions- autonomous or controlled?

AUTONOMOUS

CONTROLLED



INTRINSIC	IDENTIFIED	INTROJECTED	EXTRINSIC
<i>Linked to your enduring values, preferences, deeper interests, and sources of energy</i>	<i>You want to</i>	<i>Internal sanctions</i>	<i>Environmental reasons</i>
<i>“I’m just being me”</i>	<i>“I want to”</i>	<i>“I should, I must or I have to”</i>	<i>“I’m being made to by others”</i>
Striving because of the fun and enjoyment which the goal provides you. While there may be many good reasons for the goal, the primary reason is simply your interest in the experience itself. Self concordant	Striving because you really believe that it’s an important goal to have. Although this goal may once have been taught to you by others, now you endorse it freely and value it wholeheartedly.	Striving, because you would feel ashamed, guilty or anxious if you didn’t. Rather than striving just because someone else thinks you ought to, you feel that <i>you ought</i> to strive for that something.	Striving because somebody else wants you to or thinks you ought to, or because you’ll get something from somebody if you do. That is, you probably wouldn’t strive for this if you didn’t get some kind of reward, praise, or approval for it.

Adapted from Deci & Ryan, 2001, 2008