Intrinsic vs. Extrinsic Motivation

Intrinsic – motivated from within like passion, wanting to grow, etc.

Extrinsic – motivated from outside forces like money, trophies, grades, etc.

For example, becoming a Chemistry major so that you can become a doctor to make a lot of money and because your parents want you to is extrinsic motivation. Studying Chemistry because you are passionate about the subject is intrinsic motivation.

What’s an extrinsic motivation in your life?

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We all have intrinsic and extrinsically driven goals. Now, let’s focus on the intrinsic motivations because those are proven to make us happier.

Practice goal setting techniques with this intrinsic goal in mind.