Intrinsic motivation is motivation that comes from within, while extrinsic motivation comes from outside.

### INTRINSIC VS. EXTRINSIC MOTIVATION

<table>
<thead>
<tr>
<th><strong>MOTIVATION</strong></th>
<th><strong>GOALS</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Intrinsic</strong></td>
<td>Goals come from within and the outcomes satisfy your basic psychological needs for autonomy, competence, and relatedness.</td>
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<tr>
<td>You do the activity because it’s internally rewarding. You may do it because it’s fun, enjoyable, and satisfying.</td>
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<tr>
<td><strong>Extrinsic</strong></td>
<td>Goals are focused on an outcome and don’t satisfy your basic psychological needs. Goals involve external gains, such as money, fame, power, or avoiding consequences.</td>
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<tr>
<td>You do the activity in order to get an external reward in return.</td>
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Some examples of intrinsic motivation are:

- exercising because you enjoy physically challenging your body instead of doing it to fit into an outfit.
- cleaning because you enjoy a tidy space rather than doing it to avoid making your spouse angry.

While both types of motivations can be effective, research suggests extrinsic rewards should be used sparingly. They can undermine intrinsic motivation and can be perceived as coercion or bribery.

Understanding the factors that promote intrinsic motivation can help you see why it can be beneficial. They include:

- **CURIOSITY:** Curiosity pushes us to explore and learn for the sole pleasure of learning and mastering.
- **RECOGNITION:** We have an innate need to be appreciated and get satisfaction when efforts are recognized by others.
- **COOPERATION:** Cooperating with others satisfies our need for belonging. We also feel personal satisfaction when we help others and work together to achieve a shared goal.

To help you practice better intrinsic motivation, here are some things you can do:

- **Look for the fun in work** and other activities or find ways to make tasks engaging for yourself.
- **Create a list of things you genuinely love to do** or have always wanted to do and choose something on the list to do whenever you have time or are feeling uninspired.
- **Before starting a task, visualize a time that you felt proud and accomplished** and focus on those feelings as you work to conquer the task.

By changing the focus to the internal rewards of a task, such as satisfaction and enjoyment, you can better motivate yourself and others.