reasons for goals: external, introjected, identified & intrinsic

1.) you strive for this goal because somebody else wants you to, or the situation seems to compel it (controlled).

1	2	3	4	5	6	7	8	9	
not at all because of this reas	son							oletely of this reason	

2.) you strive for this goal because you would feel ashamed, guilty, or anxious if you didn't (controlled).

1	2	3	4	5	6	7	89	
not at all because of this reason		for 3	.) & 4.) to give a	es for 1.) & 2.) f an answer betwe and +16 (comp	_ 	completely because of this reason		
3.) you strive for	this goal be	ecause you	really feel th	nat it's an im	portant goal to I	nave (a	autonomous).	
12 not at all because of this reason		3	4	5	6	7	89 completely because of this reason	
4.) you strive for	this goal be	ecause of th	e enjoymen	t or stimulat	ion which the g	oal pro	ovides you (autonomous).	
	2	3	4	5	6	7	89	

Sheldon, K. M. & Elliot A. J. *Goal striving, need satisfaction, and longitudinal well-being: the self-concordance model.* J Pers Soc Psychol 1999: 76(3): 482-97