



# ***motivation is especially important***

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***"comparisons between people whose motivation is authentic (literally, self-authored or endorsed) and those who are merely externally controlled ... typically reveal that the former ... have more interest, excitement, & confidence which in turn is manifest both as enhanced performance, persistence, & creativity, and as heightened vitality, self-esteem, & general well-being"***

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***Ryan, R. M. and E. L. Deci (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. Am Psychol 55(1): 68-78***

# motivations & wellbeing

*non self-determined*  
**"controlled" motivations**



**external motivations = because someone else wants you to or because the situation seems to compel it**

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**introjected motivations = because you would feel ashamed, guilty or anxious if you did not have this goal**



**unrelated to wellbeing**

*self-determined*  
**"autonomous" motivations**



**integrated motivations = because you really identify with this goal**

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**intrinsic motivations = because of the enjoyment or stimulation this goal provides you**



**encourage wellbeing**

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**for more details, see Ken Sheldon's research at :  
<http://web.missouri.edu/~psycks>**