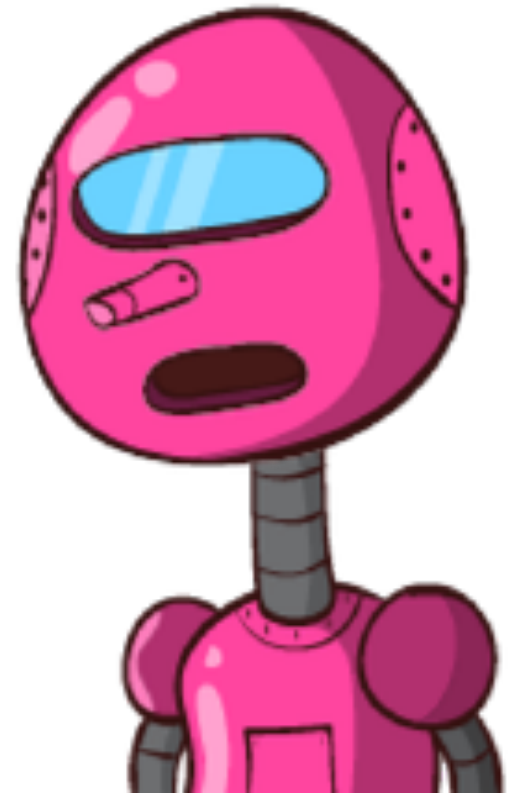


# Intrinsic vs. Extrinsic

Intrinsic: doing it for my own reasons

Extrinsic: doing it for someone else's reasons

# + Self-Efficacy



“Am I in control of my own life?”