



Motivation And Goals

Quote:

- 1 Intrinsic Motivational Stack
- 2 Massively Transformative Purpose
- 3 Flow Is The Source Code Of Intrinsic Motivation
- 4 Mechanics Of Clear Goals
- 5 Intrinsic Motivation As A Self Perpetuating Feedback Loop

“Find Something You Would Die For, And Live For It”

— Steven Kotler & Peter Diamandis

Diagnostic

[Intrinsic Motivation Stack Assessment](#) 

Exercise

Stacking Intrinsic Motivation: Follow the Biology



Autonomy

The freedom to pursue your purpose



Mastery

The skills to pursue that purpose



Curiosity

The basic fuel



Passion

The intersection of multiple curiosities



Purpose

Passion + A cause bigger than yourself

Exercise

Scoping Your Vision of Dangerous

The alchemy of passion into purpose through massively transformative purpose creation

1. Write down 15 massive global challenges (hunger, energy scarcity, biodiversity, cancer prevention).
2. Be hyper-specific: Protecting biodiversity → Establishing Mega Linkages To Protect Biodiversity
3. Tie these specific, global challenges to your passion
4. Use this to craft your Massively Transformative Purpose (has to be 1 sentence)

Glossary

The What of Motivation: Your General Willingness To Do Something. The Set Of Psychological Forces That Compel You To Take Action.

Intrinsic Motivation: Doing An Activity Simply For The Enjoyment Of The Activity Itself, Rather Than Its Instrumental Value.

Extrinsic Motivation: Doing An Activity In Order To Attain Some Separable Outcome

Autotelic Personality:

- Curiosity
- Persistence
- Low Self-Centeredness
- High In Autonomy/Independence
- High in Collaborative/Cooperative Tendencies

Overjustification Effect: When Extrinsic Motivators Dampen Intrinsic Motivation.

Active Engagement: “The Unrelated Goals Of The Separate Flow Activities Merge Into An All-Encompassing Set Of Challenges That Gives Purpose To Everything A Person Does. When Somebody’s Life Is Rich In Vital Engagement Their Entire Existence Can Become Like A Unified Flow Experience.”- Mihaly Csikszentmihalyi

Notes

Lesson Resources

1. [Strategic intelligence](#)
By World Economic Forum
2. [28 measures of locus of control](#)
By Rita Halpert and Russ Hill
3. [Development of a scale to measure lifelong learning](#)
By John R. Kirby
4. [The five-dimensional curiosity scale: Capturing the bandwidth of curiosity and identifying four unique subgroups of curious people](#)
By Todd B.Kashdan
5. [The meaning in life questionnaire: assessing the presence of and search for meaning in life](#)
By Michael Steger
6. [Motivation: the situational motivation scale \(sims\)](#)
By Frédéric Guay
7. [The overjustification effect](#)
By The Decision Lab
8. [Undermining children's intrinsic interest with extrinsic reward](#)
By Mark R. Lepper and David Greene
9. [Conditioned reinforcement and response strength](#)
By Timothy A. Shahan
10. [Autotelic personality through a five-factor lens: Individual differences in flow-propensity](#)
By Scott R.Rossa & Heidi N.Keiser
11. [Flow: the psychology of optimal experience](#)
By Mihaly Csikszentmihalyi
12. [Intrinsic and extrinsic motivation: the search for optimal motivation and performance](#) -
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