

Developing Self-Awareness: Motivation Identifier Example Motivators

Internal or intrinsic motivators	External or extrinsic motivators
Mastery	Salary
Autonomy	Bonus
Purpose	Fear of punishment or failure
Belonging	Rewards
Curiosity	Recognition
Love	Status
Meaning	Punishment
Learning	Security
Fun and enjoyment	Competition with others
Intellectual challenge	



Example Motivators

Activity or task	Motivators	Internal or external



Mastery, Autonomy, and Purpose

Activity or task	Motivators	Internal or external
Mastery		
Autonomy		
Purpose		