	Amotivation	Lower  Motivationa Quality			Higher Motivational Quality	Intrinsic Motivation
Regulatory style	Non- Regulation	External Regulation	Introjected Regulation	Identified Regulation	Integrated Regulation	Intrinsic Regulation
Source of motivation		External	Somewhat external	Somewhat internal	Internal	Internal
Motivation regulators	No intention	Compliance External rewards or punishments	Ego- involvement Approval from others	Valuing an activity  Endorsement of goals	Congruence Synthesis with self	Interest Enjoyment Inherent satisfaction

4-----

Autonomy, Competence, Relatedness -> Internalization