

Non self-determined

Self-determined

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

Autonomy, Competence, Relatedness → Internalization