

*Non self-determined*

*Self-determined*

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

Autonomy, Competence, Relatedness → Internalization