

*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>	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