



# **MOTIVATION AND GOAL-SETTING**



# 1. EXTRINSIC VS INTRINSIC MOTIVATION

# EXTRINSIC MOTIVATION

- Extrinsic motivation is when we do something in order to get a **reward** or **avoid punishment**.
- (external)
- E.g. reading a book because you have an exam about it
  
- Share more examples

# INTRINSIC MOTIVATION

- Intrinsic motivation is when we do something because we **enjoy it** and personally **want to do it**.
- (comes from inside you)
- Something is **meaningful** to you.
- E.g. Reading a book because you saw it at a book store and it captured your interest.
- Share more examples



*Which is the most effective?*

Extrinsic motivation or intrinsic motivation?




Correct Answer:  
Intrinsic motivation

[https://www.youtube.com/watch?v=gKn\\_fV6PGGA&ab\\_channel=Attuned&fbclid=IwAR0vnVaN6Xpr5a5ROqVcKNEU3TCvkTqkkYC40lrBcGAqCV3Tey\\_RAN8uK5E](https://www.youtube.com/watch?v=gKn_fV6PGGA&ab_channel=Attuned&fbclid=IwAR0vnVaN6Xpr5a5ROqVcKNEU3TCvkTqkkYC40lrBcGAqCV3Tey_RAN8uK5E)





## 2. LOCUS OF CONTROL



LOC

DEFINITION →

*The degree to which you believe you  
have **control** over your life.*



# EXTERNAL LOCUS OF CONTROL

- **Believing** that you have **little or no control** over things that happen in your life.
- *Example:* you believe that your result in an exam is because you are smart/not smart in a subject.
- *Example:* You believe that you are good at a sport because you have are gifted / talented. You believe you are bad in a sport because you are not gifted / talented.

# INTERNAL LOCUS OF CONTROL

- Believing that you have **high control** over what happens in your life.
- *Example:* you believe that your result in an exam is determined by how hard you study.
- *Example:* You believe that you are good at a sport because you train hard.



*Who is more motivated?*

*Someone with an external LOC, or someone with an  
internal LOC?*



Correct Answer:  
Internal LOC

<https://www.youtube.com/watch?v=8ZhoeSaPF-k&t=7s>

# 3. GOAL-SETTING

Helps to improve our motivation → we are  
TAKING CONTROL

# SMART GOALS

[https://www.youtube.com/watch?v=lyl\\_v-O\\_Cds](https://www.youtube.com/watch?v=lyl_v-O_Cds)



# SMART GOAL



# EXERCISE

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>

# EXERCISE

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
<b>SPECIFIC</b>  Describe your goal in 1 phrase/sentence				

# EXERCISE

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
				<b>TIME – BOUND</b> Set a date to achieve this goal

# EXERCISE

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
			<b>RELEVANT</b>  How will this goal influence my life in a positive way?	

# EXERCISE

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
	<p><b>MEASURABLE</b></p> <p>How will I measure my progress along the way?</p>			



# EXERCISE

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
		<p><b>ACHIEVABLE</b></p> <p>Is this goal realistic? Is it worth the effort and energy required to achieve it?</p>		

# EXERCISE

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
<b>SPECIFIC</b>  Describe your goal in 1 phrase/sentence	<b>MEASURABLE</b>  How will I measure my progress along the way?	<b>ACHIEVABLE</b>  Is this goal realistic? Is it worth the effort and energy required to achieve it?	<b>RELEVANT</b>  How will this goal influence my life in a positive way?	<b>TIME – BOUND</b>  Set a date to achieve this goal



Sharing your goals with others will  
make you more committed to  
your goals

# BENEFITS OF EXERCISE →

PHYSICAL & PSYCHOLOGICAL

...think about different age groups