

## Extrinsic Motivation

Extrinsic motivation occurs when we are motivated to perform a behavior or engage in an activity to earn a reward or avoid punishment.

Examples of behaviors that are the result of extrinsic motivation include:

- Studying because you want to get a good grade
- Cleaning your room to avoid being reprimanded by your parents
- Participating in a sport to win awards
- Competing in a contest to win a scholarship

## Intrinsic Motivation

Intrinsic motivation involves engaging in a behavior because it is personally rewarding; essentially, performing an activity for its own sake rather than the desire for some external reward.

Examples of actions that are the result of intrinsic motivation include:

- Participating in a sport because you find the activity enjoyable
- Solving a word puzzle because you find the challenge fun and exciting
- Playing a game because you find it exciting