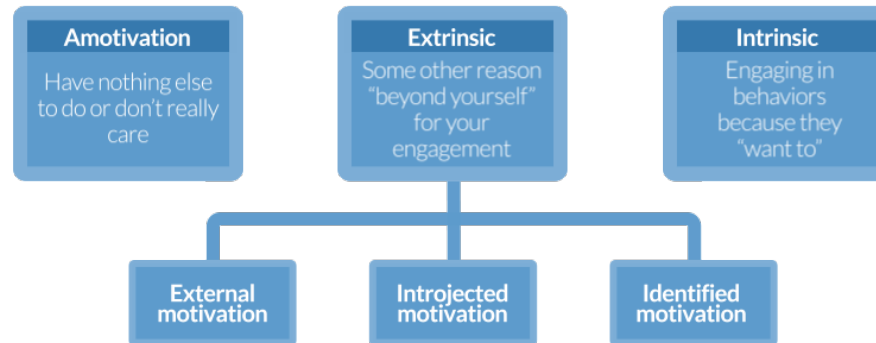


My Motivations

Considering intrinsically motivated activities



How can you do more intrinsically motivated activities? During which activities do you feel positive emotion, or even a flow state? How can you be sure that the less preferable motivations do not lead to any negative consequences? Fill in the chart below and consider how your motivations, benefits and meaning were interlaced.

1	2	3	4	5	
Activities I do on a regular basis	Level of Emotion	Did this contribute to any positive relationships?	Did you find meaning in this activity?		Describe how your motivations, benefits and meaning were interlaced in this activity.
	 Positive Neutral Negative	Y N	Y N		
	 Positive Neutral Negative	Y N	Y N		
	 Positive Neutral Negative	Y N	Y N		
	 Positive Neutral Negative	Y N	Y N		
	 Positive Neutral Negative	Y N	Y N		