

WELLNESS MOTIVATIONS

Our motivation can relate to why we choose to do/not do something and how that might impact on ourselves, our lives and our wellness in particular. It relates to our drivers and perceived outcomes/benefits for doing something. Discovering and leaning into your drivers can help you develop your sense of purpose, power, and wellness.

All drivers are valid motivators in their own way and can change over time as our circumstances change.

INTRINSIC MOTIVATORS	✓	EXTRINSIC MOTIVATORS	✓
Personal Satisfaction		Money	
Personal Growth		Rewards	
Learning & Development		Praise	
Independence		Recognition	
Sense of Purpose		Perception	
Personal Growth		Loyalty Discounts	

What observations can you make about your intrinsic vs extrinsic motivation?
