



Intrinsic Motivation

How to Get Your Kids Motivated
WITHOUT Stars and Stickers

What is Intrinsic Motivation?

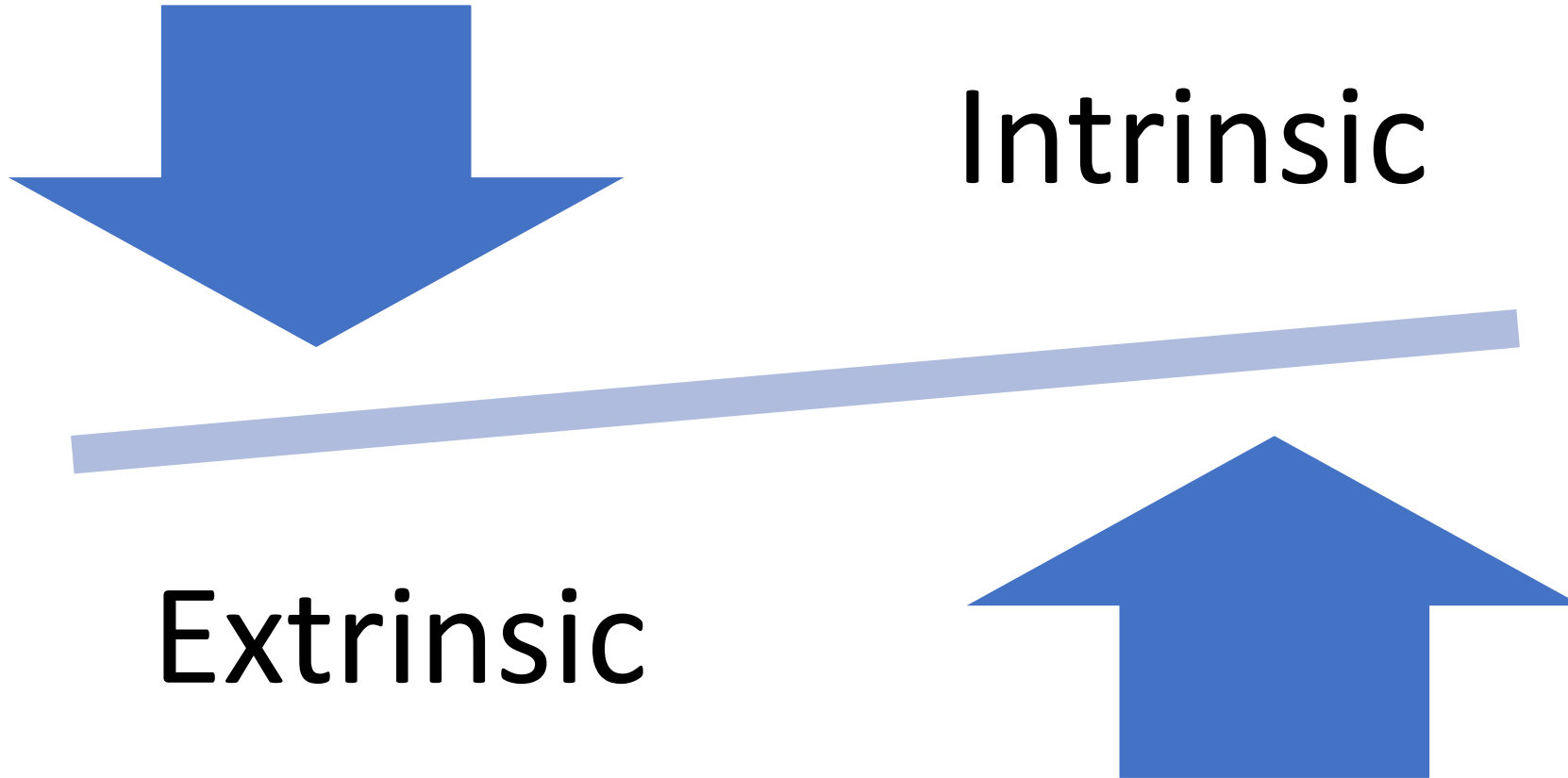


Intrinsic motivation refers to behavior that is **driven by internal rewards**.



In other words, the motivation to engage in a behavior arises from within the individual because it is **naturally satisfying** to you.

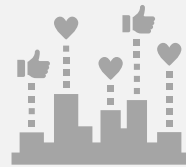
Balance is Key



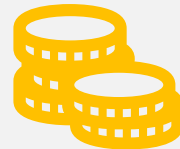
Intrinsic Motivation is Important Because...



10x more powerful

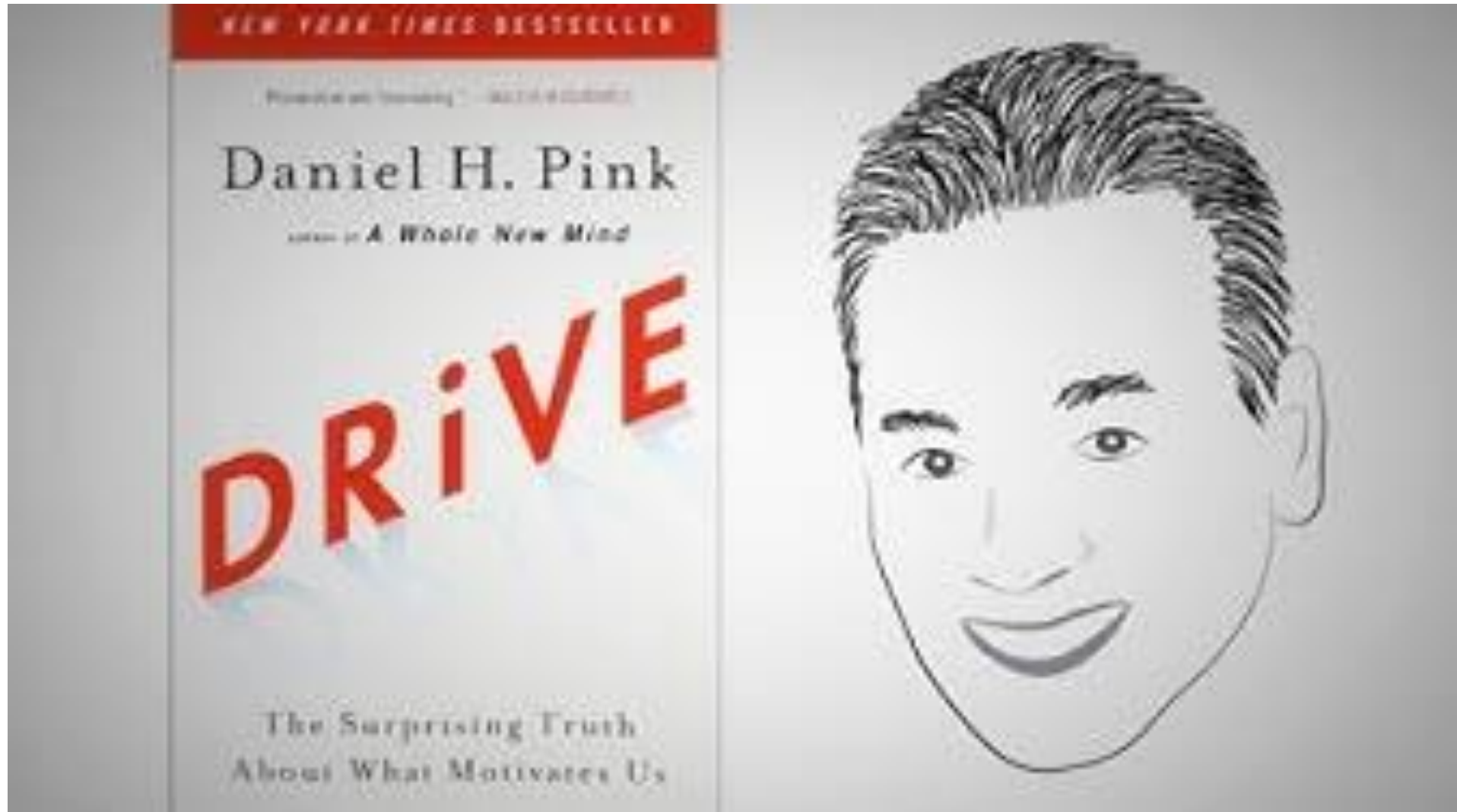


Incentives won't always be there

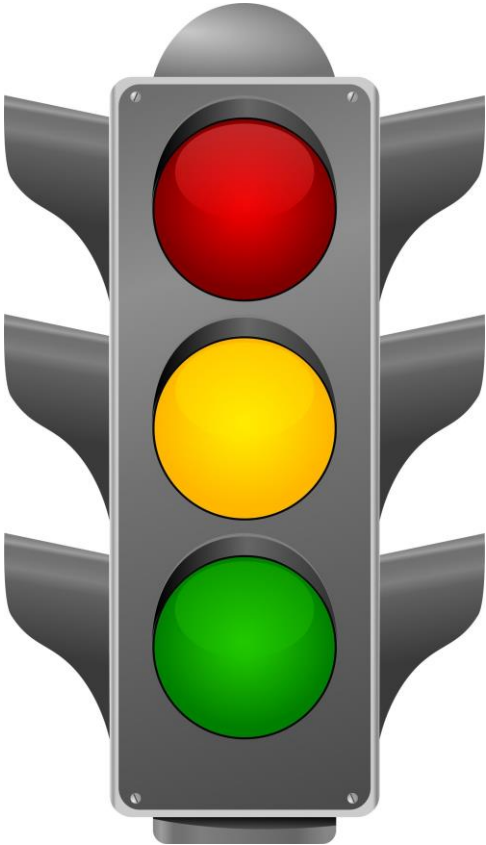


Extrinsic rewards lose their
effect

Daniel Pink: Drive

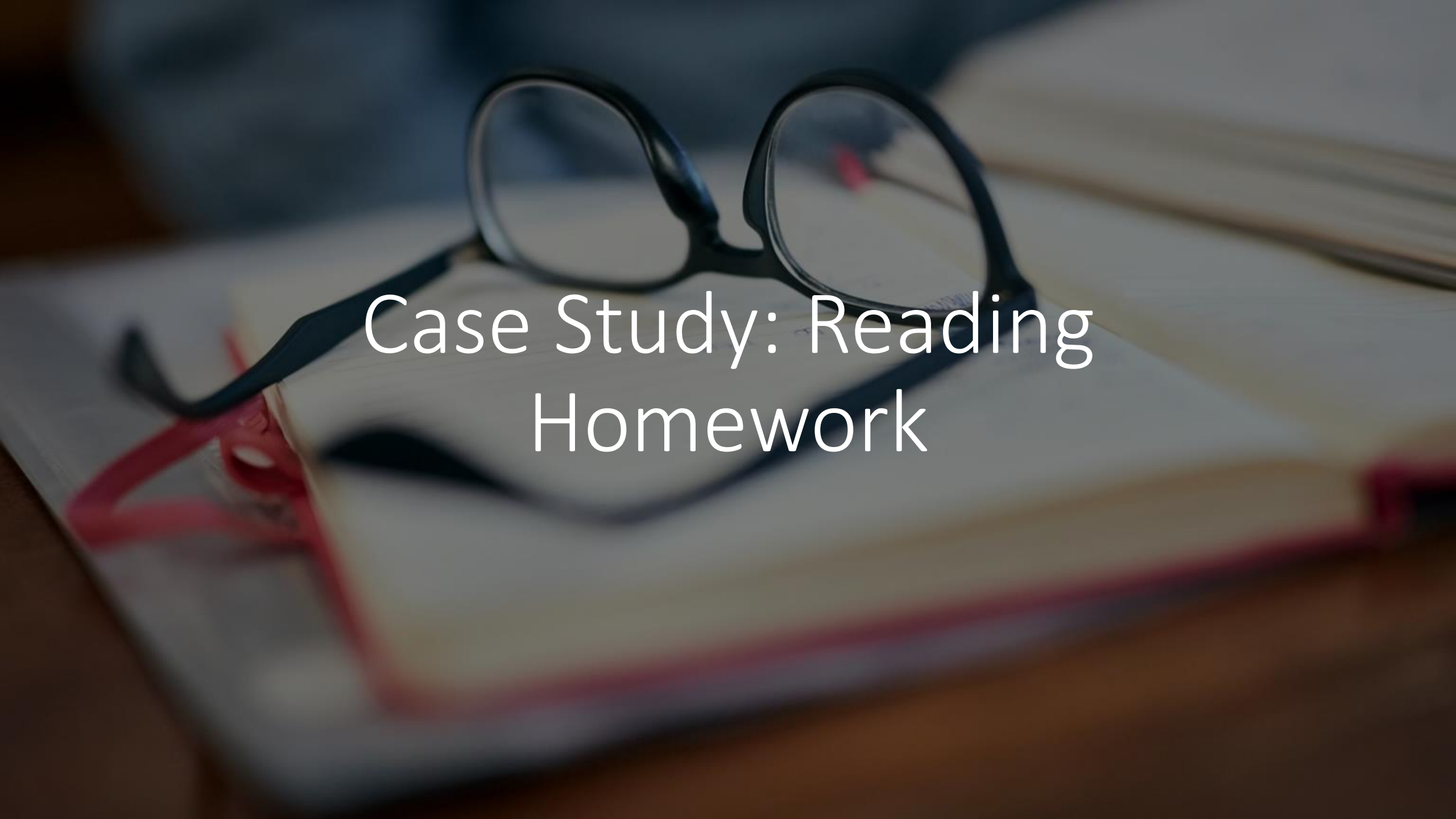


Conditions that Decrease Intrinsic Motivation





Conditions that Foster Intrinsic Motivation

A pair of black-rimmed glasses is resting on an open book. A red bookmark is visible on the left page. The background is slightly blurred, showing the pages of the book and a wooden surface.

Case Study: Reading Homework

Case Study: Basketball Practice



Case Study: Piano Practice





What
Questions Do
You Have?

Thank You!

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