

BETTER & BETTERER

Intrinsic Motivation Factors

For each factor, check the appropriate box.

1 = not like me

4 = in the middle

7 = a lot like me

Factor	My Rating:	1	2	3	4	5	6	7
Achievement								
Challenge								
Belief in the work								
Making a difference								
Self-direction and autonomy								
Responsibility								
Personal growth								
Relatedness								
Being part of a team								

Based on your checkmarks above, what do you notice about your own inner motivation(s)?

If you are a manager, teacher, parent (in other words, someone who is in a leadership role), consider this reflection question...
How might you differently communicate, present ideas, present tasks, etc to someone who is motivated by a sense of **achievement** versus someone who is motivated by a **belief in the work**?

Credit

The above list is adapted from PMI's publication:
A Guide to the Project Management Body of Knowledge PMBOK Guide Seventh Edition AND The Standard for Project Management ANSI/PMI 99-001-2021