

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

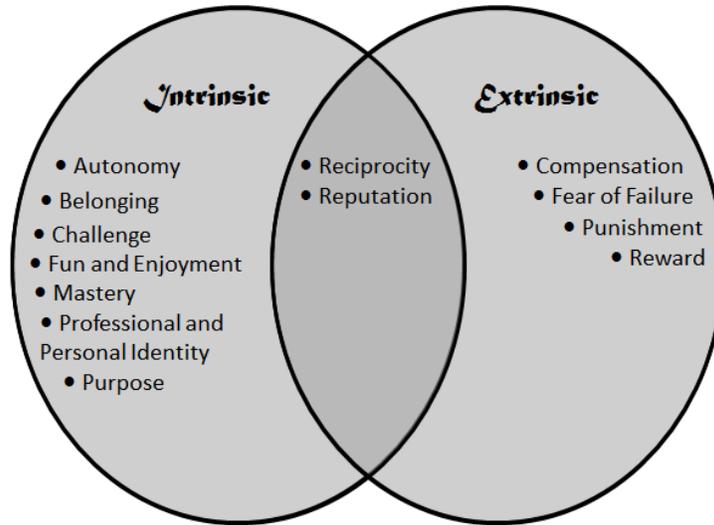
**REC1050-20 – Personal Sources of Motivation**

**/6 marks**

**Intrinsic and Extrinsic Factors affecting Motivation**

Intrinsic Motivation: Performing an action or behavior because you enjoy the activity itself.

Extrinsic Motivation: Performing an action or behavior for the sake of some external outcome.



I benefit from **Intrinsic factors** affecting my motivation.

Strongly Disagree 1      Disagree 2      Neutral 3      Agree 4      Strongly Agree 5

I benefit from **Extrinsic factors** affecting my motivation.

Strongly Disagree 1      Disagree 2      Neutral 3      Agree 4      Strongly Agree 5

My current motivation level is high.

Strongly Disagree 1      Disagree 2      Neutral 3      Agree 4      Strongly Agree 5

	3	2	1	0
Intrinsic and Extrinsic Motivation Factors	<i>Student has answered all three questions.</i>	<i>Student has only answered two questions.</i>	<i>Student has only answered 1 question.</i>	<i>Student has not answered any questions.</i>

## Potential Causes of a Drop in Motivation

Lack of motivation happens to every athlete. Even the best athletes in the world go through periods when their motivation drops. You need to know the common causes for drops in motivation, be able to recognize the warning signs that your motivation is falling, and have some specific strategies to follow to get your motivation back on the rise.

Common causes of a drop in Motivation include:

- Physical Fatigue
- Lack of Sleep
- Diet
- Overall Health
- Confidence
- Burnout

In the past, I can trace my lack of motivation to one or more of the common causes listed above.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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I can recognize when my motivation level is falling.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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I have personal strategies that I use to get my motivation level back on the rise.

Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5
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Detail one strategy you use to increase your personal motivation level.

	3	2	1	0
Potential Causes of a Drop in Motivation	<i>Student has answered all questions and provided an insightful response to the final question.</i>	<i>Student has answered all questions and provided a simplified response to the final question.</i>	<i>Student has answered some, but not all, of the questions.</i>	<i>Student did not answer any of the questions.</i>