# C2L3\_HO4 Pause and Reflect 2 Typical Day

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| **Amotivation** | **Extrinsic Motivation**  *Activity is done in order to attain a separable outcome* | | | | **Intrinsic Motivation**  Outcome is inseparable from the activity. |
| **Not Regulated** | **EXTERNAL REGULATION** | | **INTERNAL REGULATION** | | |
| Noncompliance | Compliance | Approval from self or others | Self-endorsement of goals | Integration with values | Inherent interest or pleasure in activity |

Where on the continuum do you spend most of your day?

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Are there any activities that you move back and forth along the continuum?

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Are there activities that you enjoy, but you would probably not do if you were not paid?

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What percentage of your day do you spend doing something for the sheer pleasure of doing it?

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