Motivation theory



Motivation

Internal and external motivation

Positive and negative motivation

Sustainable and not sustainable

Maslow

self- actualization

morality, creativity, spontaneity, acceptance, experience purpose, meaning and inner potential

self-esteem

confidence, achievement, respect of others, the need to be a unique individual

love and belonging

friendship, family, intimacy, sense of connection

safety and security

health, employment, property, family and social stability

physiological needs

breathing, food, water, shelter, clothing, sleep

Yerkes-Dodson law



How to increase your motivation

"ARM" YOURSELF!

