

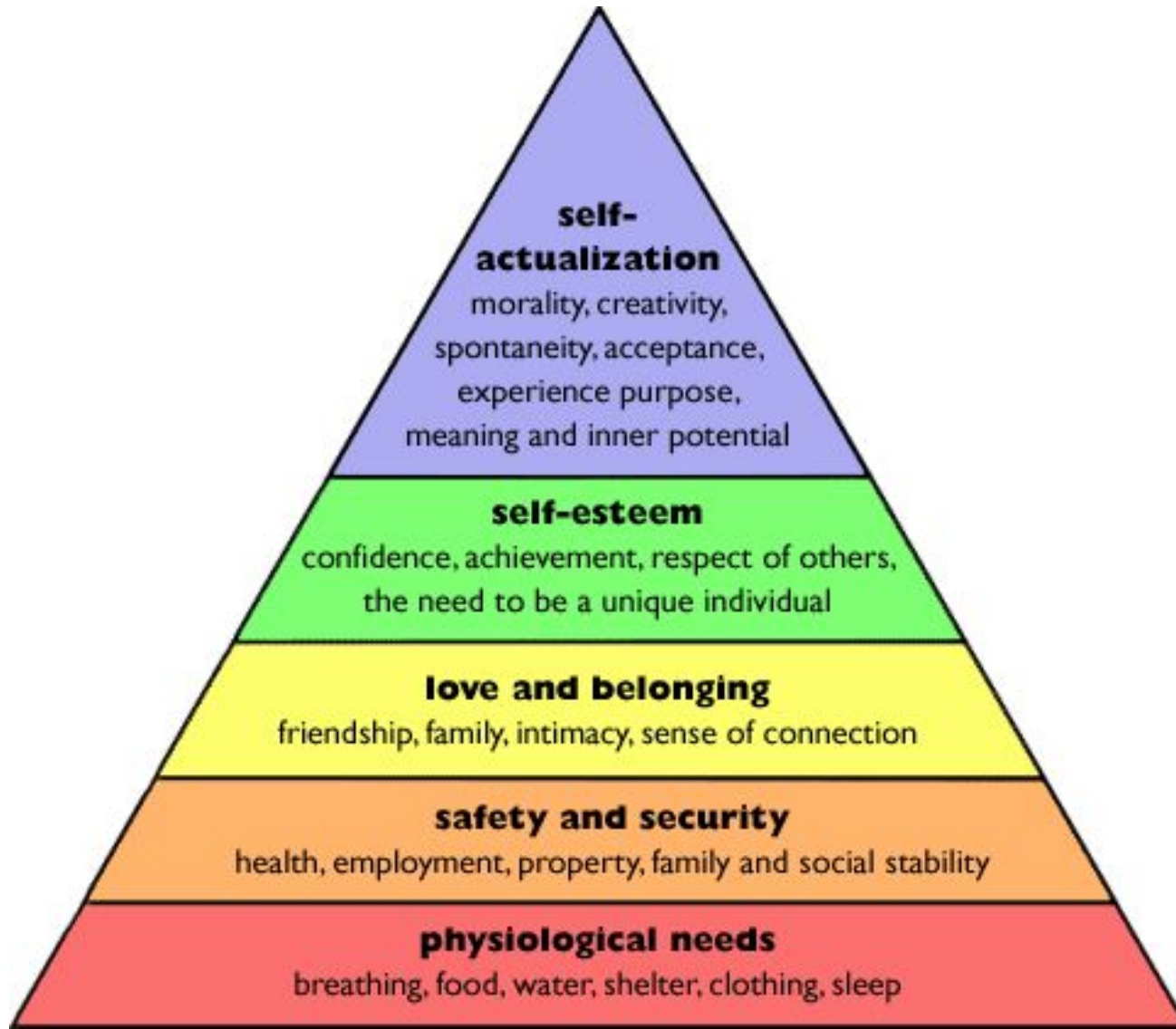
Motivation theory



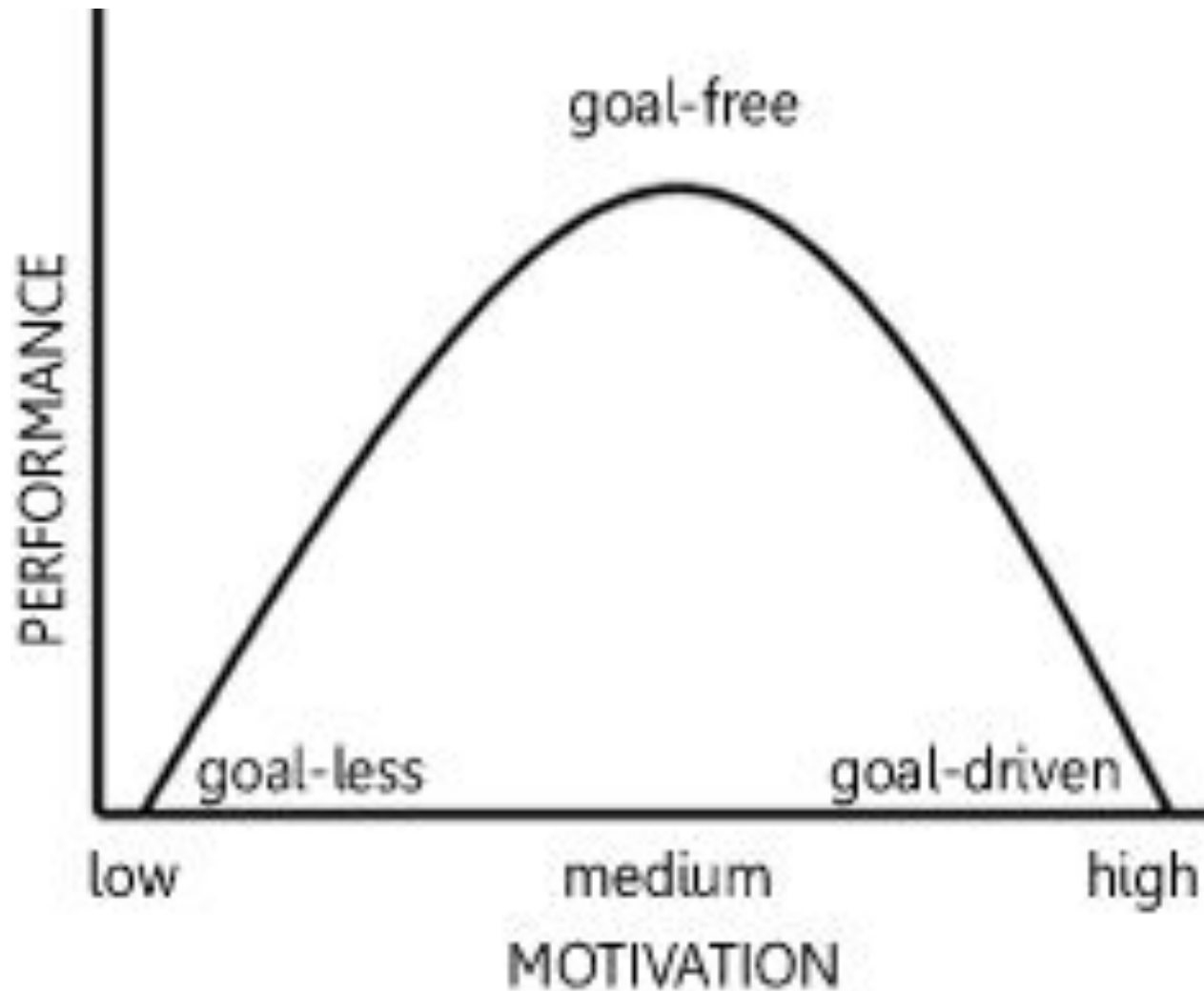
Motivation

- Internal and external motivation
- Positive and negative motivation
- Sustainable and not sustainable

Maslow



Yerkes–Dodson law



How to increase your motivation

“ARM” YOURSELF!

