

Class Assignment: Motivation

1. Name your 3 life goals (can be framed as short-term one year, long-term 5 years, and 10 years from now).
2. Indicate your motivation type to achieve each goal (i.e., intrinsic & extrinsic) with explanation.
3. Identify your belief system (growth & fixed) to obtain these goals.
4. Explain your psychological needs relative to these goals.

Due Dec 7 in class. Suggested length 1-2 A4 page(s),
Times New Roman 12, double-spaced, printed.