

MOTIVATION	EXPLANATION	EXAMPLE
Intrinsic	Inner joy and interest in an activity.	I experience an inner joy and satisfaction by doing this job.  I personally develop as I work with these activities
Extrinsic	The activity is performed due to an external influence.	I do this job because my manager expects it.  I will get laid off if I don't work.

FIGURE 4.26  
Intrinsic and extrinsic motivation.