



Intrinsic Motivation 3.0

- Autonomy
- Purpose
- Mastery

Notion of universal human needs

- Three innate psychological needs
 - Competence self-determined
 - Autonomy Choice
 - Relatedness Connected to one another
- When those needs are satisfied, we're motivated, productive, and happy

People oriented toward

- Autonomy and intrinsic motivation
 - Have higher self-esteem
 - Better interpersonal relationships
 - Greater general well-being than