

# 7 Ways to Cultivate Intrinsic Motivation



**Rethink Reward:** for simple, doable tasks a small reward is a research-proven incentive to perform well

**A Higher Purpose:** When we feel we're working towards a greater good, it's easier to stay motivated

**Visualize and Conquer:** Visualize a time you felt very proud of yourself for an accomplishment

**Feel Capable:** Doubting our ability decreases motivation. Counter that with "you're capable" to keep going strong

**Stimulate Sensory Curiosity:** Change the environment, it can inspire us to think outside of the box

**Recognize Cause and Effect:** Start to observe patterns in/increase motivation (food, stress, environments, exercise etc)

**Connect Games and Learning:** If we can link motivation to places it already exists, we can expand our internal drive to get things done

Well In Mind EAP x35596