INTRINSIC MOTIVATION

Intrinsic Motivation refers to motivation that comes from inside an individual. The motivation comes from the pleasure one gets from the task itself or from the sense of satisfaction in completing or even working on a task. Intrinsic Motivation does not mean, however, that a person will not seek rewards. It just means that such external rewards are not enough to keep a person motivated. People with Intrinsic Motivation have a lot of passion for their sport.

“If a person has a talent and cannot use it, he has failed. If he has a talent and uses only half of it, he has partially failed. If he has a talent and learns somehow to use the whole of it, he has gloriously succeeded, and won a satisfaction and a triumph few men ever know.” ~ T. Wolfe