MOTIVATION CARD SORT

Cut out the cards below. Sort the cards into extrinsic and intrinsic motivations.

Extrinsic - a reward that is an object.	**Intrinsic** - a reward that is a feeling.	Playing sports to win a trophy.
Working hard on a project for self-satisfaction.	Completing a difficult hike because you're passionate about hiking.	Taking a walk to relax.
Turning in a library book on time to avoid a late fee.	Studying hard to get a good grade on a test.	Participating in a competition to earn money.

Going to a new place in order to post it on social media.	Cleaning because you enjoy a tidy space.	Painting because it makes you feel calm.
Running to beat a personal record.	Cooking because you like to create new recipes.	Reading a book to complete a book report.
Punching your loyalty card each time you get ice cream.	Volunteering at the Animal Shelter because you love animals.	Buying 2 pairs of shoes at a buy 1, get 1 50% off sale.