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## Intrinsic Motivators

(Internal factors that motivate me)

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<b>Values</b>	<b>Goals</b>
1.	1.
2.	2.
3.	3.

## Extrinsic Motivators

(External factors that motivate me)

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<b>Society Norms</b>	<b>Agency Policies</b>
1.	1.
2.	2.
3.	3.





## Intrinsic Airlines Activity

**Overview:** This activity can be used to help participants understand intrinsic and extrinsic motivators. The activity is a unique way of eliciting motivators from the group for later use. Finally this activity is a great way to introduce some movement in the group and break up the day.

1. **Concepts:** Review concepts of intrinsic and extrinsic motivations: elicit example from the group and address any questions.
2. **Writing Activity:** Give Directions for Writing Activity: “I am passing out a paper that invites you to reflect on your own internal and external motivators. Please take a minute to reflect and complete this. Be sure to write legibly and clearly.”
3. **Plane Construction:** After all participants have completed writing give directions for paper airplane construction using the paper they just completed. There are a variety of ways to help participants construct the airplane:
  - a. Paper Airplane Video: <https://www.youtube.com/watch?v=Kx1OpocB1Ls>
  - b. Partner work: ask a partner and collaborate on a method
  - c. Group brainstorm
  - d. ID a few “helpers” to go around the room and assist
  - e. Others
4. **Take Off:** Once the participants have made airplanes, have them throw the airplanes as far away from themselves as possible.
5. **Collection:** Each participant will collect one paper that is not theirs
6. **White Board:** Elicit data from the group while writing it on the white board until you have enough data
7. **Debrief:** encourage participants to reflect on the diversity of values and goals.

