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Extrinsic Goals/Motivations

Extrinsic goals are when you are doing something just so it can benefit you. An extrinsic motivation "...occurs when we are motivated to perform a behavior or engage in an activity in order to earn a reward or avoid a punishment," (Cherry). As you can already see, this isn't the right way to go. Instead of having extrinsic goals/motivations, it is much better to have intrinsic goals/motivations. When you have intrinsic motivations, it's when you're doing what you're doing because you actually WANT to. You aren't seeking for anything in return, but you're doing it on your own will.

Extrinsic goals/motivations, has the tendency to decrease your happiness. The only reason you are doing that certain activity is because you are expecting to be rewarded. For example, "Participating in a sport in order to win awards. Competing in a contest in order to win a scholarship," (Cherry). When you are expecting something, you are just setting yourself up for disappointment, and being disappointed may lead to unhappiness. Besides, with an extrinsic motivation, you are only doing that activity because you feel forced to do it. On the other hand, with an intrinsic motivation, you are doing that activity because you actually enjoy it. When you are doing something because you want to do it without expecting anything in return, then you will most likely be happier.

As much as I hate to say it, I do have some extrinsic motivations. The only reason I study, is not because I enjoy studying, but because I need good grades. Extrinsic motivation is common in anyone who attends school (because that's kinda the point in school, get good grades to pass the grade). But I

also have many intrinsic goals as well. I like to spend most of my time doing things that I enjoy doing. Whenever I'm drawing, listening to music, singing (or at least trying to), or helping out a friend/anyone, I'm doing it because I WANT to. I don't expect anything in return, because I don't need to be rewarded.

Cherry, Kendra. "Extrinsic vs. Intrinsic Motivation: What's the Difference?." *About.com Psychology*.

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