



SELF-MOTIVATION

Have a goal that is so rich and rewarding it gives you chills.

Feel happy and excited each time you imagine having your goal.

Eager to work on your goal every day and determined to stick with it until the goal becomes a reality.

Once the goal is achieved, you quickly think of something else you'd love to do or have and then start the process over again.

VS

EXTERNAL MOTIVATION

Have a goal that that you think or know you can achieve—it can be set by you or someone else (e.g., boss, family member, etc.)

Feel uninspired when you think about the goal.

Work on your goal because it's something you "should" do or someone else wants you to do it.

If, and when, you reach the goal, you sit back and relax.