

Self-determination theory: Exploring the 3 pillars



Autonomy

The need to feel in control of your choices, behaviour, and goals. Being able to make your own decisions, manage your time, and being accountable for your own tasks.



Competence

The need to feel effective in your environment. Being able to develop and demonstrate the knowledge, skills, and achievements that matter to you.

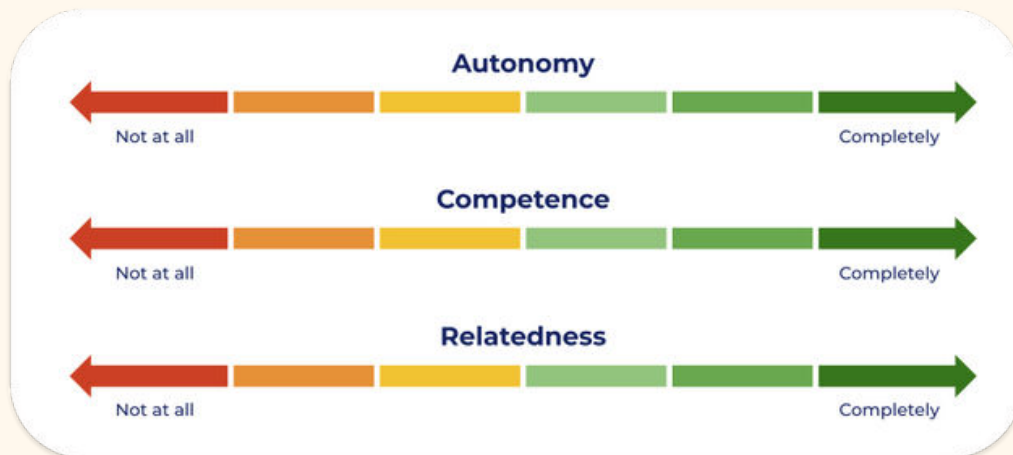


Relatedness

The need to have close, meaningful connections. A sense of belonging to the people around you, and/or feeling related to the broader mission of your organisation.

Insight into your motivation: 3 elements

For each element, circle the extent to which your needs are currently being met:



Deci & Ryan (2008). *Self-Determination Theory: A macrotheory of human motivation, development, and health*.

My committed action

The 1 committed action I'm going to take to boost my motivation at work:
(to change a situation, shift my focus, or enhance a bright spot)