

## Activity: motivation profile

Name two different personal behaviors: one which you feel is *easy* for you to adhere to, and another which you feel is *difficult* for you to adhere to. Identify and categorize the motivations behind your behaviors. Describe their relative importance to you in whichever way you feel most comfortable—draw a graphic, write a paragraph, list bullet points, etc. For more information, see the “lifestyle change” article on <https://bevae.com/>

### Behavior 1: \_\_\_\_\_

External	
Introjected	
Identified	
Integrated	
Intrinsic	

### Behavior 2: \_\_\_\_\_

External	
Introjected	
Identified	
Integrated	
Intrinsic	