**Types of**[**Motivation**](http://study.com/academy/lesson/what-is-motivation-theories-examples-quiz.html)

Sammy and Dani are running buddies. Sammy loves to run, and will often go running just to clear his head or blow off steam. Dani, meanwhile, hates to run, but she does it because her doctor told her that she needs to lose weight or she might end up with diabetes.

Sammy is [intrinsically motivated](http://study.com/academy/lesson/intrinsic-motivators-examples-lesson-quiz.html) to run. **Intrinsic motivation** is when you do something because you enjoy it or find it interesting. Compare that to Dani, whose reason for running involves **extrinsic motivation**, or doing something for external rewards or to avoid negative consequences.

Now, you may think that intrinsic motivation is better than extrinsic motivation, and you'd be right up to a point. Studies have shown that people are more likely to stick to a task, invest more time in a task, and be more successful at it if they are intrinsically motivated.

However, extrinsic motivation has its place, too. After all, without extrinsic motivation, many of us would never exercise, never go to work, and never clean our houses. Many day-to-day tasks that are required to live a healthy life are extrinsically motivated. Besides, who doesn't like to be rewarded for what they do?

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Learn more at: http://study.com/academy/lesson/intrinsic-and-extrinsic-motivation-in-education-definition-examples.html