

Are My Goals Intrinsically Driven?

This exercise is set up to help you improve your awareness of the types of goals that you set.

Step 1: List 5 of your top goals in the table below that you want to accomplish. The goals can be short term goals that you can achieve this coming week or month, or longer-term goals over the next 6 months to one year.

My Goals	Autonomy	Competence	Relatedness
Goal 1			
Goal 2			
Goal 3			
Goal 4			
Goal 5			

Step 2:

Scan your goals and check the following statements in relation to the basic psychological needs of autonomy, competence and relatedness. Placing a tick or a cross against the relevant needs on the above table.

Autonomy

- I chose this goal.
- I'm passionate about this goal.
- I'm curious about how I can achieve this goal.
- This goal gives me energy.
- I have a high degree of control over this goal.
- This goal aligns with my core values.

Competence

- This goal is a challenge for me, and I can achieve it.
- This goal means I'm going to learn something new.
- This goal will help me grow as a person.

Relatedness

- This goal will help me strengthen friendships or relationships
- This goal will help me feel connected to people with similar interests.
- This goal will give the chance to spend time with people I like.
- This goal can contribute to me feeling more connected to the community.