



Personal Development Requirements

Written Exam - Motivation

1. What is motivation?
2. What kinds of feelings does motivation give us?
3. Can you give an example of something that can motivate you?
4. What is positive motivation?
5. What is negative motivation?
6. Who can give an example of positive motivation?
7. Who can give an example of negative motivation?
8. What are the two types of motivation?
9. What is inner motivation?
10. What is an example of inner motivation?
11. What is outer motivation?