

#BounceBack
#AnHourADay

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**REGISTRO PROFESIONAL
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Developing Intrinsic Motivation

- It is widely acknowledged that the most successful players across various sports are those that have invested a significant amount of time acquiring the essential skills through purposeful practice.
- Providing a solid foundation upon which to build.



Levels of Motivation

- Our levels of motivation are a part of our psychological make-up.
- Motivation is fundamental to everything we do in daily life
- We all require certain levels of motivation.
- In sport the dedication required, the discipline necessary and the sacrifices made are often a good indicator of that players desire to succeed.



Types of Motivation

- **Intrinsic Motivation** – This refers to a motivation that is naturally inside each of us and
- **Extrinsic Motivation** – This is a type of motivation that is outside us and often involves external rewards.



Intrinsic Motivation

Intrinsic motivation is motivation from within. A desire to perform well and succeed. The following will be true:

- You will have a desire to overcome the problem or task
- Be able to develop skills and habits to overcome that problem
- Take time to practice and imbed successful habits until they are perfect
- Have a feeling of pride and enjoyment in performing the skill
- Set realistic goals and constantly and consistently review them in order to progress and maintain motivation



Intrinsic Motivation

- Intrinsic motivation is when we act without any obvious external rewards.
- Being intrinsically motivated is not without its own rewards
- Intrinsically motivated success can give people a sense of meaning a sense of progress and achievement or competence and personal satisfaction



Intrinsic Motivation

- Experts also suggest that people are more creative when they are intrinsically motivated.
- Quality is influenced by intrinsic factors.
- Love the Challenge



Intrinsic Motivation

- Internal motivation is increased when the physical environment grabs the individual's attention
- Enables us to have more control
- Intrinsic motivation can be increased in situations where people gain satisfaction from helping others
- Compare our own performance against others
- Having accomplishments recognized by others
- Challenge yourself to improve one aspect of your current role



Extrinsic Motivation

- Extrinsic motivation means that the individual's motivational stimuli come from outside.
- The most well-known and the most debated motivation is money
- Achievements have to have a clear and tangible outcome and this is what makes external motivation much easier to identify with.



Summary

- Extrinsic rewards, when used correctly, can be beneficial.
- When your primary motivation is extrinsic, you may sense a greater amount of competitive pressure and anxiety
- Ideally, you want the majority of your motivation to be intrinsic.
- Increase your level of intrinsic motivation
- Increased confidence so you can greatly improve your performance and experience choosing more effective motivation strategies.



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