

The Intrinsic-Extrinsic Matrix

Are you spending your time on intrinsically motivated activities or extrinsically motivated activities? First, choose an extrinsic motivator; this could employer, colleagues, friends, family or society. Next, fill in areas in which you spend you time and the approximate amount of time spent in the place on the matrix that best represents your motivations. Be careful, many things that appear to be intrinsic are really extrinsic. For example, appearance, you might say, I like to look good just for me; so it's intrinsic. But what it means to look good is societally defined. You could say however, I feel better when I am clean and neat because clean and neat are more objective than words like good. Another good test is: what would you do if you were alone on a desert island? This matrix can help you discover what motivations are driving your life and the time they consume. Its value will be proportional to your thoughtfulness and honesty. Here's a sample, these may all be very different for different people.

My Intrinsic-Extrinsic Balance with Society

High Extrinsic	Buying a 'show' car (60 – 90 min/day) Note: The time is the time spent earning the money to pay for it over several years. Buying a Rolex (20 – 30 min/day) Pay taxes (140 – 180 min/day)	Shaving (5 min/day)	My Career (420 – 540 min/day)
Medium Extrinsic	Dressing for dinner out (5 min/day) Note: Once a week broken down to daily.	Watching TV (60 min/day) Conversation about TV watched (30 min/day) Talking and blogging music (30 min/day)	Listening to music (30 min/day)
Low Extrinsic		Taking out the trash (5 min/day)	Running (30 – 120 min/day) Exercise (30 – 60 min/day) Playing music (30 – 60 min/day) Grocery shopping (10 min/day)
	Low Intrinsic	Medium Intrinsic	High Intrinsic

My Intrinsic-Extrinsic Balance with _____

High Extrinsic			
Medium Extrinsic			
Low Extrinsic			
	Low Intrinsic	Medium Intrinsic	High Intrinsic