



AMKA
COUNSELLING

Mindfulness and Motivation

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What goes well?

What is challenging?

Drive reduction and incentive motivation

Self-determination theory: levels of autonomy

Intrinsic and identified motivation

Introjected, external motivation and amotivation

Flow and positive psychology

In everyday life, when do we have to *be motivated*?

Work, productivity

Purpose-driven career, purpose-driven personal life

Positive association with autonomous forms of motivation

Autonomy, self-determination, self-concordant values, increased intrinsic motivation

AND

Negative association with controlled forms of motivation

Mindfulness inhibits the pursuit of extrinsic rewards such as money

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Hafenbrack, A. C., & Vohs, K. D. (2018). Mindfulness meditation impairs task motivation but not performance. *Organizational Behavior and Human Decision Processes, 147*, 1-15.