

Self Determination Theory

A theory of motivation which suggests individuals have three innate psychological needs

COMPETENCE
Feeling confident
in our capacity
and ability to do
something

AUTONOMY
Feeling in
control of
actions and
choices.

RELATEDNESS
Feeling connected
and safe and
secure in our
relationships

When these needs are met, people are more likely to feel intrinsically motivated (motivated by interest and enjoyment of a task). This has positive effects on our creativity, our problem solving ability, our emotions, and our wellbeing.

The acronym **CAR** can be used to remember these.