**Looks Like, Sounds Like, Feels Like Chart: Motivation**

Fill out the chart below for both types of motivation. Be sure to use very specific, concrete sensory words, examples, analogies, and observations. If you can justify it, it’s okay to put it on the chart.

**THINK**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Looks Like***(things you can see, observe, describe by color, shape, number etc)*  | **Sounds Like***(things you can hear, like conversation, music, comments, objects that make noise, etc)*  | **Feels Like***(Feels can either be tactile, kinesthetic, or emotional. What does your body feel, muscles, breath, texture, form, or feelings like sadness, etc)*  |
| **Extrinsic Motivation** | *
 |  |  |
| **Intrinsic Motivation**  |  |  |  |

**SYNTHESIZE**:

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| --- |
| How are extrinsic and intrinsic motivation similar? Different? Summarize your conclusion into 3-5 sentences to show your thinking. |