

Intentsint motivation Intrinsic motivation is the desire to do something because you enjoy it or find it meaningful, not because you expect a reward. Intrinsic motivation has many benefits. Intrinsic motivation can be seen in many parts of daily life. It helps people stay focused, overcome challenges, and achieve their goals. In these examples, enjoyment and personal interest encourage people to continue. It can also improve creativity because people feel free to explore new ideas. In conclusion, intrinsic motivation is an important part of learning and personal growth. It helps people stay focused and work harder, even when a task is difficult. When people enjoy what they are doing, they are more likely to learn, improve their skills, and feel proud of themselves.