

## **Why We Do What Understanding Self Motivation Edward L Deci**

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hand scuffleΓ“ with life in a midwestern metropolis. Young Mickey OΓ•Halloran lives.

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Why do you do the things you do? For most of us, we aren't sure. Day to day, we pretty much do our thing and go through the motions. We might have certain goals, like to get married or make a lot of money. But most of us haven't done an in-depth analysis of what we ultimately hope to gain from our daily activities.

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As we deepen in our understanding that all our actions are expressions of our needs, as we find more choice about which needs we focus on, which strategies we employ to attend to them, and which ...

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As we try to better understand ourselves and others, an understanding of motivators helps complete the picture DISC assessments start. Where DISC assessments provide insight as to a person's behavior, and HOW they do what they do, Motivators provide insight into WHY we do or don't connect with certain tasks, people, and ideas.

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### **Why do We do what We do: Understanding Self Motivation ...**

Why We Do What We Do combines scientific research with concrete examples and illustrative stories to clarify the complex mechanisms of the human brain. It offers valuable insights into how our brain works every day, at home and at work, and provides practical ideas and tips to help us lead happy, healthy and productive lives.

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In this respect "Why We Do What We Do" is definitely behind the curve (to make up for this I recommend Matt Ridley's "Nature via Nurture: Genes, Experience and What Makes Us Human" (2003) - popular science writing at its best and quite an education). Read more. 6 people found this helpful.

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Why We Do What We Do: Understanding Self-Motivation ... but, I will now add Why We Do What We Do to this recommendation. Deci outlines the three elements of human motivation with excellent research that comes out of his lab and that of his colleagues.

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If you are doing a group project or involved in a team or small staff at work, understanding how those around you are motivated can help you understand how to properly communicate with them. The model can help you gain a better understanding of what motivates those around you. This can be helpful in devising a plan to keep your team happy.

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