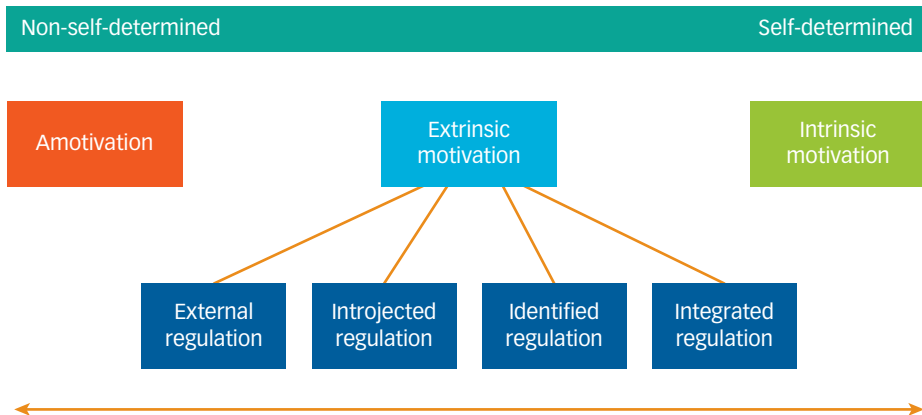


FIGURE 16.3 **A Taxonomy of Human Motivation.** The degree of autonomy we have affects our level of motivation from non-self-determined to self-determined.



SOURCE: Adapted from R. M. Ryan, & E. L. Deci (2000a). "Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being." *American Psychologist*, 55(1), 72, January 2000. Copyright © 2000 American Psychological Association. Used with permission.