

# How to Motivate Others – Mini Case Study Worksheet

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Read each mini case below and use your understanding of intrinsic motivation (autonomy, mastery, and purpose) to answer the questions.

## **Case 1: The Unmotivated Teammate**

You're working on a school group project. One of your teammates, Sam, is always on their phone, doesn't offer ideas, and turns in work late. Your teacher tells you to help the team work better together.

How can you help motivate Sam using each of the following:

- Autonomy (choice/freedom):
- Mastery (skills/strengths):
- Purpose (bigger meaning):

## **Case 2: The Young Athlete**

Maya is a talented soccer player, but lately she doesn't feel like going to practice. She says it feels boring and she's not improving anymore.

Her coach wants to help her stay motivated. How could the coach use the following strategies to support her?

- Autonomy (choice/freedom):
- Mastery (skills/strengths):
- Purpose (bigger meaning):

## **Case 3: The Part-Time Worker**

Jordan works part-time in a coffee shop. He often feels like his job is meaningless and is starting to show up late. His manager wants to help him feel more motivated.

If you were Jordan's manager, what would you say or do to help him feel more motivated at work? Use all three intrinsic motivators.

- Autonomy (choice/freedom):
- Mastery (skills/strengths):
- Purpose (bigger meaning):

#### **Case 4: The Volunteer**

A local community center relies on volunteers, but some of them are losing interest. The volunteer coordinator wants to create a plan to keep volunteers excited and engaged.

What are three things the coordinator could do, based on intrinsic motivation, to help volunteers stay motivated?

- Strategy 1:
- Strategy 2:
- Strategy 3: