

Component	Motivation	Flow	Positive Addiction	Cognitive Evaluation Theory	Exercise Self-Schema	Theory of Planned Behavior	Valency Theory of Motivation	Goal Setting	Mechanisms of Achieving a Goal
<i>Within one's ability</i>	<i>Mastery</i>	Balance between the perceived skills & challenges	Possible to do easily	Feelings of competence coupled w/ excitement of a challenge	Influenced by past success to feel confident of future success	Behavior is within one's ability	Challenging yet attainable goals	Be appropriate for the athlete, Maximum believability optimal probability	Effort – works in concert with direction considering the requirements of the goal
		Merging of action & awareness							
<i>Clear goals</i>	<i>Performance Goals</i>	Presence of clear goals	Belief that if one persists one will improve	Internally controlled pressure to achieve	Set high goals		Goal commitment	Measurable and observable	Persistence – directs effort over time toward goal
<i>Feedback</i>	<i>Success/Failure</i>	Unambiguous feedback	Can be done w/o criticizing oneself	Feedback is informational		Wins social approval			
		Concentration on the task at hand							
<i>Autonomy</i>	<i>Intrinsic</i>	Sense of control over oneself and the environment	Can be done alone no dependence on others	Activity is autonomous or self-determined	Internally & personally controllable	Control	Internal locus of control	Contains only individual self-control items	Strategy development – plan to reach goal
		Loss of self consciousness						Expressed positively	
		Transformation of time							