

MOTIVATION EVALUATION

A: ACHIEVEMENT/STIMULATION

1. Reinforcing Self-image
 - a. *To gain a sense of self-confidence.
 - b. *To develop a sense of self-pride.
 - c. To increase your feelings of self-worth.
 - d. To show yourself you could do it.
 - e. To help you feel like a better person.
 - f. To increase your feelings of self-importance.
 - g. To feel like a better person for doing it.
 - h. To test the extent to which I can do it.

2. Social Recognition
 - a. *To have others think highly of you for doing it.
 - b. *To show others you can do it.
 - c. To have others recognize and admire you for doing it.
 - d. To have others see you do things you are good at.
 - e. To do something that impresses others.
 - f. To make a good impression on others.
 - g. To do something impressive.
 - h. To be recognized for doing it.
 - i. To receive compliments on my skills and abilities.
 - j. To be seen by others doing it.

3. Skill Development
 - a. *To become better at it.
 - b. * To develop your skills and abilities.
 - c. To improve your skills.
 - d. To be challenged.
 - e. To feel like I have achieved something when through.
 - f. To remind myself that I have the skills to do it.
 - g. To try to achieve a high standard in it.
 - h. To see if I could do it.

4. Competence Testing
 - a. *To test your abilities.
 - b. *To learn what you are capable of.

5. Excitement
 - a. *To have thrills.
 - b. *To experience excitement.
 - c. To experience a lot of action.
 - d. To have a stimulating and exciting experience.
 - e. To experience the fast paced nature of things.
 - f. To feel exhilaration.

- g. To get all charged up.
- h. To experience the exciting events that always happen here.
- i. To cause things to happen.

6. Endurance

- a. ***To test your endurance.
- b. ***To rely on your wits and skills.
- c. ***To gain a sense of accomplishment.

7. Telling Others

- a. ***To tell others about the trip.
- b. ***To have others know that you have been there.

B: AUTONOMY/LEADERSHIP

1. Independence

- a. *To feel my independence.
- b. *To be on my own.

2. Autonomy

- a. *To be my own boss.
- b. *To be free to make your own choices.
- c. **To be obligated to no one.
- d. **To do things your own way.
- e. To think for myself.
- f. To be at a place where I can make my own decisions.

3. Control-Power

- a. *To control things.
- b. *To be in control of things that happen.
- c. To have a chance to have control over things.
- d. To be more in control here.
- e. To be in charge of what's happening.
- f. To have a chance to feel in charge of what's happening.
- g. To be in command of a situation.
- h. To put yourself in a position of power or authority.
- i. To manipulate things.

C: RISK TAKING

1. Risk Taking

- a. *To take risks.
- b. *To chance dangerous situations.
- c. To experience the uncertainty of not knowing what will happen.
- d. To experience the risks involved.

D: EQUIPMENT

1. Equipment

- a. *To use your equipment.
- b. *To talk to others about [your/our] equipment.
- c. To test and use your equipment.
- d. To compare my equipment with others.

E: FAMILY TOGETHERNESS

1. Family Togetherness

- a. *To do something with your family.
- b. *To bring your family closer together.
- c. To do something the family could do together.
- d. To get the family together more.
- e. To realize a good experience for the family.
- f. To do what my children wanted me to.
- g. To do something the entire family would like.
- h. To get the family together for awhile.
- i. To do something so the family could spend more time together.
- j. To do something my spouse or associate wanted me to.

F: SIMILAR PEOPLE

1. Being with Friends

- a. *To be with members of [your/our] group.
- b. *To be with friends.
- c. To do things with your companions.
- d. To enjoy the company of people who came with me.

2. Being with similar people

- a. *To be with [others/people] who enjoy the same things you do.
- b. *To be with people having similar values.
- c. To be with people who have similar interests.
- d. To be with people who are enjoying themselves.

G: NEW PEOPLE

1. Meeting New People

- a. *To talk to new and varied people.
- b. *To meet other people in the area.
- c. To meet new people.
- d. To meet other people.
- e. To build friendships with new people.
- f. To see new faces.

2. Observing Other People

- a. *To be with and observe other people using the area.
- b. *To observe other people in the area.
- c. To observe the other people.

H: LEARNING

1. General Learning
 - a. *To develop [your/my] knowledge of things [here/there].
 - b. *To learn more about things [here/there].
 - c. To find out about things here.
 - d. To understand things here better.

2. Exploration
 - a. *To experience new and different things.
 - b. *To discover something new.
 - c. To find out about things.
 - d. To explore the area.
 - e. To explore things.
 - f. To see new and different things.
 - g. To experience the unknown.
 - h. To experience a sense of discovery involved.

3. Geography of Area
 - a. *To get to know the lay of the land.
 - b. *To learn about the topography of the land.

4. Learn About Nature
 - a. *To study nature.
 - b. *To learn more about nature.
 - c. To learn more about natural settings.
 - d. **To gain a better appreciation of nature.

I: ENJOY NATURE

1. Scenery
 - a. *To view the scenery.
 - b. *To view the scenic beauty.
 - c. To enjoy the scenery.
 - d. To observe the scenic beauty.
 - e. To take in the scenic beauty.
 - f. To look at the pretty view.
 - g. To observe the scenic beauty.

2. General Nature Experience
 - a. *To be close to nature.
 - b. *To enjoy the smells and sounds of nature.
 - c. To take in the natural surroundings.
 - d. To be in a natural setting.
 - e. To be where things are natural.
 - f. To obtain a feeling of harmony with nature.

J: INTROSPECTION

1. Spiritual

- a. *To develop personal, spiritual values.
- b. *To grow and develop spiritually.
- c. To reflect on personal religious values.
- d. To reflect on your religious or other spiritual values.
- e. To be in closer touch with higher spiritual values.
- f. To get a greater sense of spiritual being.

2. Introspection

- a. *To think about your personal values.
- b. *To think about who you are.
- c. To help you understand better what your life is all about.
- d. To learn about yourself.
- e. To learn more about yourself.
- f. To rebuild the world in my mind.
- g. To think about how I would like the world to be.
- h. To think new thoughts.
- i. To paint things in my mind like an artist.

K: CREATIVITY

1. Creativity

- a. *To be creative.
- b. *To do something creative such as sketch, paint, take photographs.
- c. To put some thoughts or ideas together.
- d. To create something new or different.
- e. To gain a new perspective on life.

L: NOSTALGIA

1. Nostalgia

- a. *To think about good times you've had in the past.
- b. *To bring back pleasant memories.
- c. To reflect on past memories.
- d. To recall past satisfactions.
- e. To gain an experience I can look back on.

M: PHYSICAL FITNESS

1. Exercise-Physical Fitness

- a. *To get exercise.
- b. *To keep physically fit.
- c. To improve [my/your] physical health.
- d. To help keep you in shape physically.
- e. To feel good after being physically active.
- f. To tone up my muscles.

N: PHYSICAL REST

1. Physical Rest

- a. *To relax physically.

- b. *To rest physically.
- c. To take it easy physically.
- d. To give my body a rest.

O: ESCAPE PERSONAL-SOCIAL PRESSURES

1. Tension Release

- a. *To help get rid of some clutched-up feelings.
- b. *To help release or reduce some built up tensions.
- c. To help reduce some frustrations [I/you] have been feeling.
- d. To release or reduce tension.
- e. To help get rid of some anxieties.
- f. To help get rid of some up-tight feeling.

2. Slow Down Mentally

- a. *To have your mind move at a slower pace.
- b. *To give your mind a rest.
- c. To recover from [my/your] usual hectic pace.
- d. To have your mind slow down for a while.
- e. To have a break from being too busy mentally.

3. Escape Role Overloads

- a. *To get away from the usual demands of life.
- b. *To avoid everyday responsibilities for awhile.
- c. To reduce the feeling of having too many things to do.
- d. To get away from some of the expectations people have of me back home.
- e. To rest awhile from the feeling of being overloaded at home or work.
- f. To get away from the demands of other people.
- g. To feel less tied down for awhile.

4. Escape Daily Routine

- a. *To have a change from your daily routine.
- b. *To have a change from everyday life.
- c. To do something different from what [I/you] do back home.
- d. To have a change of pace from everyday life.
- e. To add some variety to my daily routine.
- f. To have a change from your everyday self.

P: ESCAPE PHYSICAL PRESSURE

1. Tranquility

- a. *To experience tranquility.
- b. *To experience solitude.
- c. To experience the peace and calm.
- d. To experience surroundings that are soothing.
- e. To experience the calming and healing setting.
- f. To sense a feeling of balance in things around me.

- g. To enjoy the quietness and beauty.
- h. To be where it is quiet.

2. Privacy

- a. *To feel isolated.
- b. *To be alone.
- c. To get away from other people.
- d. To have more privacy than you have back home.

3. Escape Crowds

- a. *To be away from crowds of people.
- b. *To experience more elbow room.
- c. To get away from crowded situations for awhile.
- d. To experience the open space.
- e. To [seek/enjoy] distant or unobstructed views.
- f. To get away from civilization for awhile.
- g. I thought there would be less confusion here.

4. Escape Physical Stressors

- a. *To get away from the clatter and racket back home.
- b. *To get away from noise back home.
- c. To get away from the ugly scenes back home.
- d. To get away from the bright lights back home for awhile.
- e. To escape the pollution back home for awhile.
- f. To get away from other people.

Q: SOCIAL SECURITY

1. Social Security

- a. *To be near considerate people.
- b. *To be with respectful people.
- c. To be with considerate people.
- d. To be with fairly honest people
- e. To be where things are fairly safe.
- f. To be with people who are nice to each other.

R: ESCAPE FAMILY

1. Escaping Family

- a. *To be away from the family for awhile.
- b. *To escape the family temporarily.
- c. To be without the family for awhile.

S: TEACHING-LEADING OTHERS

1. Teaching-Sharing Skills (Sharing Knowledge/Directing Others)

- a. *To teach your outdoor skills to others.
- b. *To share what you have learned with others.
- c. To share your skill and knowledge with others.

- d. To help others learn about things here.
- e. To teach others about things here.

2. Leading Others (Sharing Knowledge/Directing Others)

- a. *To help direct the activities of others.
- b. *To lead other people.
- c. To show others what to do.

T: RISK REDUCTION

1. Risk Moderation

- a. *To be near others who could help if you need them.
- b. *To know others are nearby.

2. Risk Avoidance

- a. *To be sure of what will happen to you.
- b. *To avoid the unexpected.

U: TEMPERATURE

3. Temperature

- a. *To get away from the heat.
- b. *To experience a nicer temperature.
- c. To have more agreeable temperatures.
- d. To be where it is cooler.