Reward Worksheet
presented by
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The most difficult part of changing behavior is staying motivated. We are the ones solely responsible for making the changes. We might start off with an unbridled passion and then down the road just run out of steam. How many New Year's resolutions have you started that never make it beyond the first 30 days. Luckily, there is a proven and scientific method for increasing your chances of success. That method is reinforcement theory.

Reinforcement theory is just a fancy term for a system of giving rewards for each successful step you take toward the behavior you want to adopt. Notice that the last sentence was very positively worded. It did not talk about a behavior you want to stop (for example, stop smoking, cut back on calories, etc). Rather it concentrates on a new behavior you want to start (for example, ride a bike, consume 2,000 calories a day). Keep that in mind as you decide how and what you're going to reward yourself for. It's always better to stress the positive. Look at the new health habits that will be replacing the bad health habits and reward yourself for each successful step you take toward the good health habit. Reward yourself consistently and frequently. Break more difficult tasks like quitting smoking or losing weight into smaller more manageable steps so that you have a better chance of achieving success.

Rewards are highly individualistic. Below, list things that really give you pleasure. They'll be your rewards. Make your rewards things that you can readily do. However, if there are rewards that might be too costly to give yourself (like take a trip to Hawaii) for each time you reach a milestone toward successfully reaching your final goal, then create a special savings fund to which you contribute money each time you want to reward yourself.

Possible Rewards