

REWARDING SUCCESS



BACKGROUND:

Part of the planning process before a big project or task should always include examining the rewards that will happen at the end of the task. Knowing the types of rewards you enjoy the most (and selecting a reward for yourself when you begin planning) can make tasks easier to start and easier to finish.

INSTRUCTIONS:

1. Begin by finding a quiet place free of distractions. You will need approximately 8-10 minutes to complete this exercise along with paper for note-taking and something to write with.
2. Draw a vertical line down the center of the page to divide the paper in half. Draw a second, horizontal line to divide the paper into four sections. At the top of each section write the headings:
 - a. INDOOR ACTIVITIES - rewards you enjoy doing indoors when you finish activities.
 - b. OUTDOOR ACTIVITIES - rewards you enjoying doing outside or places you enjoy going when you finish activities.
 - c. RECOGNITION/PRIVILEGES - rewards you enjoy getting from others or things others can do for you
 - d. GOOD THINGS - rewards that happen later on from doing tasks well (e.g. getting good grades, getting a promotion, making family members happy, etc.)
3. Choose one section to brainstorm rewards first. Set the timer for 2 minutes. Before the timer goes off, list as many different rewards in each section that you might enjoy. Rewards can be small or large, and general (watching TV) or specific (watching 5 minutes of cooking shows).
4. Repeat the 2-minute timer for each section of the rewards sheet.
5. Once each section is complete, review each section. Circle the top two rewards in each section that you prefer the most.

NOTES:

- This activity can be done with another person or independently, but it should be completed often. Our preferences for rewarding activities can change, sometimes hour by hour. Before each SMART Goal, review the Rewarding Success exercise you created last time or create a new one to identify the best motivation along the way.
- For learners who struggle with short-term rewards vs. waiting for the long-term payoff of completing difficult tasks, Rewarding Success can be a helpful exercise to focus on rewards at different stages. Divide the sheet into time-based sections (e.g. Short-Term Vs. Long-Term; In 1 week, 1 month, 1 year, etc) and create lists to motivate at different stages of a project or goal.