

Reward Systems

A REINFORCEMENT SYSTEM
OF POSITIVE BEHAVIORAL
CHANGE



TO DO

Pair your goal with something enjoyable

Working out + listening to favorite podcast

Pamper yourself! hot bath, paint your nails, Netflix, read, etc

It can feel good to practice self care/ rewards once you have accomplished your goal BUT



Reward yourself for what you've done! But remember not to punish yourself

DON'T DO

Self care should be practiced even if you did not meet your goal

alcohol and substances are not rewards.

Restricting yourself should not be practiced. This will damage your relationship with goal, reward and yourself.

Rest, food and sleep are not rewards, they're necessities