

# Reward Increase Tool

## Set the Goal

What is a goal that is important enough for me that I would do anything for?

If the goal isn't important enough, you won't find a reward big enough.

## Set the reward

Evaluate the reward by asking:

Is it easy to do?

Is it inviting?

Do I want this?

Do I need this?

How much time commitment is needed?

Would accountability make a difference?