



-----'S CLASS REWARD CHART

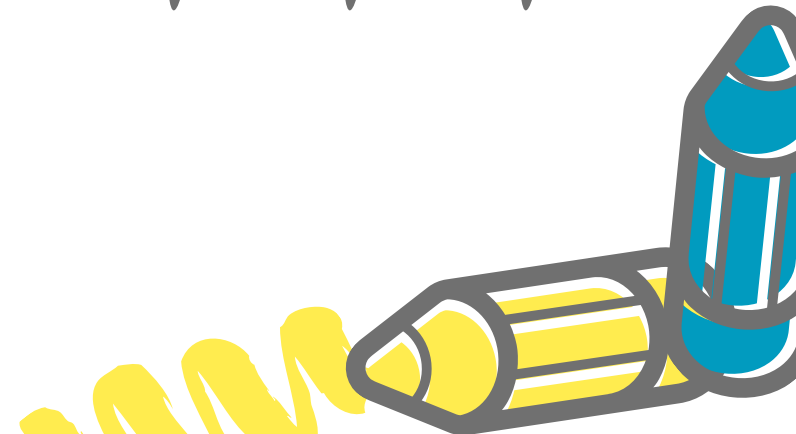
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TODAY, I DID MY BEST BY...

	M	T	W	T	F

IF I GET 5 STICKERS FOR THE WEEK MY PRIZE IS:

IF I GET ALL 20 STICKERS MY BIG PRIZE IS:



HOW TO GET THE MOST OUT OF THE CLASS REWARD CHART

Step 1. Print and post where you and your child can see it (i.e. on the back of his/her door, by the bed, or on the fridge).

Step 2. Choose the expectations that work for your household and their age. List those expectations under "Today, I did my best by...".

Step 3. Choose the rewards together. Notice the more immediate reward within 5 days. This provides great motivation for a reward at the end of the week. The prize should be small (think Dollar Store). A full page of stickers means some pretty hard, consistent work from your child. So this reward should be significantly larger (think \$10 PlayStation gift card).

Step 4. Stick to the plan. More importantly, each day ask your child how he/she thought they did regarding their best. And you share what you observed. Your answers may differ at times (of course they'll want the sticker). But helping them truly assess their behavior, where they have wins (YAY), and where there are areas of improvement will go a long way in helping them with their own self discipline (and less time you spend repeating yourself).

*Remember, this should be simple and fun! So if it doesn't seem like they are meeting much throughout the week, re-access 2 things: 1. If the expectations are attainable (Did you make it too hard?) and 2. If the reward is worth the effort (children's motivations can change over time).



Nicci

Mompreneur Mindset Transformation Coach
and Host of the Front Burner Podcast

@nicciwillis



NicciWillis.com

Are you feeling stuck? Don't quite know how to move forward with your dream, passion or side-hustle? Need help creating a plan-of-action? Are you having trouble managing your business and mom-life? Book a Pilot Call with me and I will answer your #1 question to help get you unstuck. <https://www.nicciwillis.com/book-online>