*Sometimes we may avoid rewarding ourselves for things we know we should be getting done. We might not think we deserve it for some reason or another. However, that is not the case, rewards could actually boost your motivation and lead to overall better performance and productivity. In the activity below you will be guided through how to create your own reward system.*

**1. Create a list of hobbies/activities you enjoy**

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|  |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

**2. Create a list of assignments or tasks (relating to your courses) that you find most difficult to complete or get started**

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|  |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

**3. Create your Reward System!**

|  |  |
| --- | --- |
| TASK | REWARD |
| Read half of Chapter one | 10 minutes on YouTube (set alarm) |
| Watch and take notes on one lecture | Watch one episode of “Homework Show”  |
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**TIPS for CREATING A REWARD SYSTEM:**

* Use activities you enjoy as rewards (be reasonable with your rewards, ensure they match the amount of effort put into your tasks)
* Split your tasks up into sections (How much can you complete without getting distracted?)
* Refrain from splitting tasks up by time, if possible, in the end you might become too focused on the time passing, and won’t get much done
	+ Ex. Splitting tasks into smaller tasks – Read half of Chapter
	+ Ex. Splitting tasks by time – Read for 25 minutes
* If you enjoy watching TV or YouTube, find a “Homework Show” that you have really been looking forward to watching, watch this show **ONLY** as a reward, it will help boost your motivation to complete those tasks on your list
* If your reward is based on time, make sure to start an alarm so that you do not lose track of time
	+ Ex. Reward- 10 minutes on YouTube (set an alarm before you start)

*Reward systems do require self-discipline but the more you practice rewarding yourself when completing difficult tasks, the more productive and motivated you will eventually become!*