

# REINFORCEMENT PRACTICE SHEET

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Use the table below to reinforce desired behaviors. Put a check mark, sticker, smiley face, star, tally marks, or any rewarding mark or symbol anytime you have *attempted* to do any of the desired behaviors on your list. Remember to focus your mind on what you did. If your mind wanders to what you did not do, briefly acknowledge it, and gently guide your attention back to noticing what you did and reinforce your efforts. Reinforcement will help to increase the frequency of these behaviors!

HOW OFTEN DID YOU FILL IN THIS TABLE? \_\_\_\_ DAILY \_\_\_\_ 2-3 X'S \_\_\_\_ 1 X

	<i>Example: Mindfully ate a nourishing meal</i>										
Wednesday	😊😊										
Thursday											
Friday	😊										
Saturday	😊										
Sunday	😊😊😊										
Monday											
Tuesday	😊										

NOTES (e.g., What reinforcers worked/what didn't? Anything stand out that you want to remember?): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# ***REINFORCEMENT is the most effective way to achieve lasting change.***

(Punishment does NOT work to make long-term change!)

## **REINFORCERS:**

DEFINITION: A REINFORCER is anything that increases the likelihood of a behavior occurring again.

### ➤ **TIMING counts!**

- Make sure to reinforce your progress as soon as you can after engaging in the desired behavior. (e.g., You just put on your shoes to go for a short walk to increase fitness. REINFORCE yourself right then. “Nice!” “I did it!” Don’t wait. REINFORCE immediately!)
- Remember, the brain is making connections. The most powerful connections are made when the behavior and reinforcer happen close together in time. You can do it!

### ➤ **Find REINFORCERS that work.**

*Circle the REINFORCERS you want to try and write in your own ideas below.*

- Congratulate yourself (“Good job!” “You did it!”).
- Make and enjoy your favorite flavor of tea.
- Write a smiley face on your list next to the task you accomplished.
- Stop and notice sensations of pride in your body.
- Enjoy a small bit of nourishing food you enjoy and really taste it (e.g., a sip of fresh orange juice, a small piece of chocolate).
- Look in the mirror and say, “I’m really proud of you.” Mean it and take it in. Feel the effects.
- Choose an activity you enjoy to reward yourself (e.g., coloring, a favorite TV program, listening to a favorite song, play with Play-Doh).
- Dance around the room.
- Pat yourself on the back or give yourself a hug and feel the effects.
- Gently rub the back of your hand while acknowledging your efforts.
- Keep joyful pictures on your phone and take a moment to look at them and enjoy.
- Other ideas: \_\_\_\_\_

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