

Does Your Program Need a Reboot Worksheet

Sometimes it can feel like things are not working or that things are even just overwhelming. If you find yourself feeling this way, you may need to reboot your plan! Here are some things to consider when deciding whether you need a reboot:

- Are you discussing your plan on a daily basis? If not, consider the reasons this may be.
- Is your child actually earning their rewards? If not, this may be a sign that the requirements to earn the reward need to be simplified or that the reward is not something that the child is actually interested in.
- Does your child believe that they will earn the reward? If not, is it possible that you have not been able to follow through with the reward system? Maybe try simplifying the system for yourself. Think about what you are capable of doing consistently.

If you find that you need a reboot, it's okay to sit down with your child and let them know what the new system is going to look like. Your child should know exactly what they need to do to earn a reward!

