

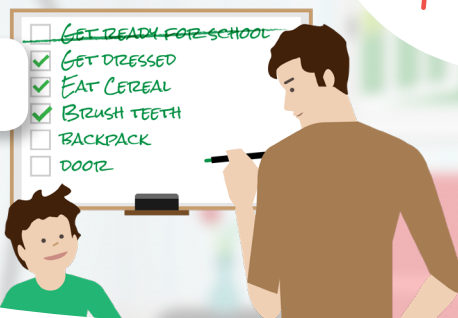
Using

INCENTIVES

Effectively



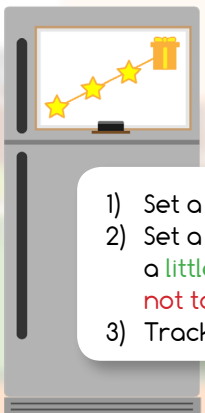
Break up behaviours into manageable steps.



Decide on consistent incentives together.



3



- 1) Set a **baseline**
- 2) Set a reward as something a **little above** their ability but **not too ambitious**
- 3) Track **consistently**

Decide on rewards that are **small and frequent**, not **huge and far off!**



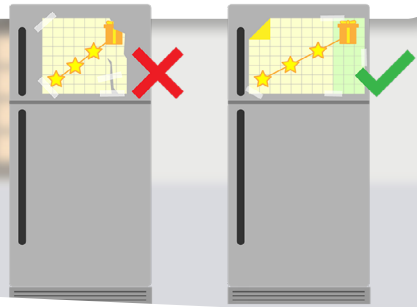
Aim for **close to 100%** *not always 100%!*



5

Incentive chart guidelines:

- 1) Keep it **fresh**
- 2) **Don't stop** on the first success. **Keep going** until the good behaviour becomes **habit**
- 3) 'Up the ante'
- 4) Maximum **2-behaviour target**
- 5) Keep **simple**: one point, one reward



A **reward** is not a **bribe**.



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7