

# Family Rewards Worksheet

Think about some meaningful and appealing rewards that you could use to motivate or reward family members for positive changes and behavior. Consider both small, immediate rewards and larger, long-term rewards.

## Small (Immediate)

Think about small rewards that you can offer on a more frequent basis to reinforce positive behavior (extra screen time, a favorite treat, etc.)

## Medium (Short term)

Consider rewards that can be achieved over a few days to a couple of weeks (restaurant gift card, a favorite meal, a significant privilege, movie pass, a date together, etc.)

## Large (Long term)

Think about larger rewards that can be earned over a longer period of positive behavior (a special weekend getaway, a new video game or gadget, a shopping trip for clothes, money for a hobby, a major privilege, etc.)

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