



TANGIBLE REINFORCEMENT CHECKLIST

Go through this list and check off the reinforcers that sound enticing to you. Then add to the list your own personal favorite rewards. Set a goal of which SLS challenges you're going to meet this week and which reinforcement you're going to give yourself.

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| 1. Reading a book | 11. Getting a massage |
| 2. Listening to music | 12. Buying yourself flowers |
| 3. Going dancing | 13. Going to a sporting event |
| 4. Taking a bubble bath | 14. Getting spa services |
| 5. Eating a special meal | 15. Getting your shoes shined |
| 6. Doing a craft activity | 16. _____ |
| 7. Talking to friends | 17. _____ |
| 8. Going out | 18. _____ |
| 9. Going to a park | 19. _____ |
| 10. Going to a movie | 20. _____ |

This week I am going to _____ at least ____ times. When I do, I am going to reward myself by _____.

