




# FIRST / THEN

*One thing now. One thing after.*

SHRINK THE MOUNTAIN

REWARD COMES RIGHT AFTER

**FIRST** 


.....

.....

.....

*the task – small and specific*



**THEN** 

.....

.....

.....

*the good part – right away*

MAKE IT REUSABLE

*Slip into a sheet protector, write with dry-erase, swap every day.*

*Starting is the hard part – one visible task with the reward attached gets the wheels turning.*