**Script**

**Train Your Brain**

**Objective of the lesson:**

• Learn how to find motivation within yourself.

• Understand that rewards can reinforce habits.

Give Yourself a Reward As we discussed, our brain loves rewards. It doesn’t have to be anything major—reward yourself with something you enjoy, like riding a bike, playing with your dog, playing soccer, reading, or watching an episode of your favorite series.

Aunt Małgosia

Aunt Małgosia is always on a diet. Recently, she signed up for Tabata classes, where she pushes herself to the limit, attending twice a week. On Saturdays, she always visits your mom with a box of pastries from the local bakery. She claims that after such an effort, she deserves a reward, but then she complains that she hasn’t lost a single gram.

• What do you think Aunt Małgosia is doing wrong?

• What do you think could be a rewarding treat for her that would bring her joy but not ruin her hard work?

What Motivates You?

To effectively reward yourself, you need to know what motivates you.

Everyone is different and has different preferences. For some, a reward is a quiet evening in a chair with a book and their favorite tea; for others, it might be skateboarding or watching their favorite series.

Want to find out what motivates you? Below are 10 statements—see which one resonates with you the most.

What Motivates You?

**Imagine you spent the whole day preparing a biology presentation. Your head is buzzing. Finally, you close the book, and you have an hour to yourself. What will you do?**

1. I'll go for a bike ride! I need some fresh air.
2. Konstancja always has the best presentations, but this time she doesn't stand a chance against me.
3. I'll lie in the bathtub—I have no energy for anything.
4. I'll meet up with a friend—finally. I deserve it.
5. I'll tidy up my room, light a candle, curl up in the chair, and read.
6. I hope the teacher will tell the whole class again that my presentation is the best.
7. Another A! A B would look silly.
8. I actually got into this presentation, I didn’t have to make it so detailed, but it’s pretty interesting.
9. I always do my homework properly because that's just how it should be.
10. I'll make myself a big ice cream and watch the latest series on Netflix.

What Motivates You? Check it out.

1. Sport
2. Competition
3. Peace and relaxation
4. Company
5. Order
6. Appreciation
7. Collecting
8. Curiosity
9. Rules
10. Food

Task: Plan Your Reward

Now that you know what motivates you, take a moment to think about how you can use this in building new habits.

For example, if you’re motivated by sports, what activities could be a reward for you?

Gather your ideas in one place. A bike trip / learning to skateboard / a modern dance course / calisthenics / outdoor gym / parkour?

Important! Make sure your reward doesn’t work against you.

Imagine you want to lose weight and get in shape, but every time you run 3 km, you go straight to the bakery and get yourself a cake. Doesn’t make sense, right? Exactly!

This behavior is called SELF-SABOTAGE, which simply means: putting obstacles in your own way.

REMEMBER: a reward should not work AGAINST your new habit. On the contrary, it should support your new way of life.

Golden Rule: the reward should reinforce the habit

If you want to become a healthy runner—reward yourself with something that gives you pleasure but also supports the New You—e.g., go to the pool, drink a healthy (but tasty!) smoothie or fresh juice, or eat your favorite fruit. Or watch an episode of your favorite series or read a book.

**Task for You**

Your friend Zosia eats exclusively fast food and sweets. Recently, however, she decided to get herself together and introduce healthy eating habits: eat more vegetables, reduce sweets, drink more water, and stop eating fast food. She also promised herself that if she sticks to it, she’ll reward herself by going to McDonald’s with you and ordering the biggest meal—double fries, cola, and ice cream.

Following the principle that a reward should support, not WEAKEN, a new habit—suggest other ideas to Zosia for rewarding herself for her perseverance.