

## **Rules for a Successful Token Economy**

1. Always be precise when describing a low-preference activity that you want your protégé to work at.
2. Count and record the number of times that the low-preference activity is completed
3. Always arrange it so that your protégé earns tokens.
4. Be sure to provide frequent opportunities for tokens to be exchanged for high preference activities.
5. Always have tokens available to dispense at the moment a low-preference activity is completed.
6. Keep changing the high-preference activities which may be purchased with the tokens.
7. Be imaginative and inventive in building your economy and selecting high-preference activities.
8. Individualize the high-preference activities.
9. Practice what you preach.
10. Always be fair.
11. Be sure that losing tokens does not occur more often than earning tokens.

### **Basic Principles**

**Grandma's Law**- High preference activities (playing, eating, watching sports games, etc.) increase effort on low preference activities (cleaning our rooms, raking leaves doing dishes, etc.) if they occur as a consequence of those activities.

**Don't Delay** – increasing the time delay between the low preference activity and high preference activity decreases practice on the low preference activity.

**Pass the token, Please** – if a delay must occur, a token (poker chip, paper star, point, check mark, etc.) can be given as the immediate, but temporary substitute for the high preference activity

Citation unknown