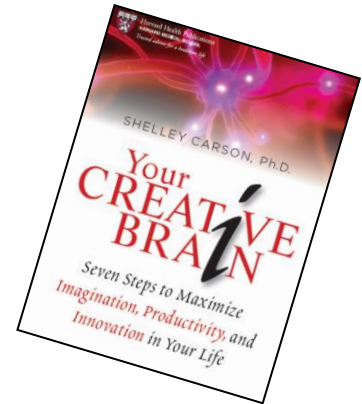


## Token Economy System Bonus Token Guidelines

You can earn bonus tokens when you complete exercises in brainsets that are outside of your mental comfort zone (see Chapter Two to determine your mental comfort zone). Award yourself bonus tokens as follows:



- If your mental comfort zone is *Connect*, give yourself double tokens for exercises in *Reason* and *Evaluate*.
- If your mental comfort zone is *Reason*, give yourself double tokens for exercises in *Absorb* and *Connect*.
- If your mental comfort zone is *Envision*, give yourself double tokens for exercises in *Reason* and *Evaluate*.
- If your mental comfort zone is *Absorb*, give yourself double tokens for exercises in *Reason* and *Evaluate*.
- If your mental comfort zone is *Transform*, give yourself double tokens for exercises in *Absorb* and *Stream*.
- If your mental comfort zone is *Evaluate*, give yourself double tokens for exercises in *Absorb*, *Connect*, and *Stream*.
- If your mental comfort zone is *Stream*, give yourself double tokens for exercises in *Reason* and *Evaluate*.