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.