

FREE • PRINT AT HOME • THE ONE KIT WE MAKE WITH NO ANSWER KEY

The Twenty-Minute Kit

Every other kit we publish is machine-verified to the last digit. This one has no key at all, because the variable is your kid — and kids don't verify. What's here instead: a quick read on which motivation lever your child actually runs on, a deal board for the reward-driven, a streak tracker with the never-miss-twice rule built in, five fridge scripts for the hard moments, and a placement check for telling 'won't' from 'can't.'

WHAT'S INSIDE

PAGE 2	The kid-type quick read — nine questions, three levers
PAGE 3	The deal board — rewards that help without wrecking anything
PAGE 4	The streak tracker — with the never-miss-twice rule
PAGE 5	Fridge scripts — cut out, stick up, say calmly
PAGE 6	The placement check — is it the kid, or the level?

THE PREMISE

Days three through ten are the wall — the honeymoon fades before the habit arrives, and it feels like a verdict on your kid or the whole idea. It's neither. It's the shape of every habit ever started. This kit exists to get your family across that valley, once, after which the twenty minutes mostly runs itself.

Which lever does your kid run on?

Circle A, B, or C for each. Mostly A = the Deal-Maker. Mostly B = the Autonomy Kid. Mostly C = the Already-Loves-It Kid. Mixed is normal – start with the majority and stay flexible.

01 When chores get done fastest, it's because...

- A) there was something in it for them B) they got to pick which one and when C) likes that chore, oddly

02 “Because I said so” lands as...

- A) an opening bid B) a declaration of war C) fine, whatever, okay

03 New activities go best when...

- A) there's a prize at the end B) it was their idea (or feels like it) C) the activity is the draw

04 Mid-task, they most often ask...

- A) “what do I get?” B) “why do I have to?” C) “can I do one more?”

05 Sticker charts historically...

- A) worked great B) became a negotiation about the chart C) ignored; did it anyway

06 They brag most about...

- A) what they earned B) what they decided C) what they figured out

07 A gentle push produces...

- A) a counter-offer B) heels, dug in C) confusion; already going

08 Praise lands best as...

- A) “you earned it” B) “your call was right” C) “that was clever”

09 If the reward disappeared tomorrow...

- A) so would the behavior B) depends who's asking C) nothing changes

TALLY: A___ B___ C___ • RE-TAKE IN A MONTH — THE MIX SHIFTS, AND THAT'S INFORMATION TOO.

Rewards that help – and the four rules

For Deal-Makers. Fill the menu together – their wants, your prices, agreed in advance. The rules below are the difference between a system and a hostage negotiation.

RULE 1 • REWARD THE SITTING

Pay for showing up and finishing the twenty minutes. Never for right answers – accuracy panic is how you buy guessing.

RULE 2 • AGREE IN ADVANCE

Deals are made at breakfast, calmly. A prize invented mid-meltdown isn't a reward, it's a ransom – and kids learn to take hostages.

RULE 3 • SMALL & SOON BEATS BIG & LATER

For young kids especially: a sticker today outmotivates a bike in June. Save big rewards for streak milestones.

RULE 4 • PLAN THE FADE

Rewards are scaffolding. Every few weeks, stretch them: daily ☐ every other day ☐ weekly ☐ 'hey, you don't ask anymore.' That last one is the goal.

THE MENU (FILL IN TOGETHER)

THE REWARD	COSTS (SESSIONS)	NOTES

Ideas that survive contact with real kids: pick dinner • 20 min of your undivided anything • dollar amounts (fine!) • stay-up-late pass • you do their chore once.

Shade a box per session. Guard the streak.

Streaks motivate every type a little. The fine print keeps them from backfiring: one miss is a rest, two is a slide. Never miss twice.

EIGHT WEEKS • FIVE SESSIONS A WEEK IS A FULL ROW

		S	M	T	W	T	F	S
WK 1								
WK 2								
WK 3								
WK 4								
WK 5								
WK 6								
WK 7								
WK 8								

THE NEVER-MISS-TWICE RULE

Life happens – fevers, grandma visits, meltdown Tuesdays. A missed day costs nothing if the next day happens; write a small ‘R’ (rest) in the box and move on. The rule the whole page exists for: a single miss is a rest, a double miss is the start of quitting. Protect day-after-the-miss like it's the only session that matters, because it is.

Cut out. Stick up. Say calmly.

Dashed lines are scissor lines. The words matter less than the delivery: low, warm, boring. Drama feeds the fire; boring starves it.

THE FLAT REFUSAL

“Not a fight. The packet happens before [screens / dessert / the fun thing]. Whenever you're ready – today's got a lot of day left.” Then leave the room. The exit is the move.

THE MID-SHEET MELTDOWN

“That one's being rude to you. Skip it – circle it for Friday, do the next one.” (Circling for the check-in is a real action. It de-escalates because it's true.)

“THIS IS BORING”

“Might be. Boring and twenty minutes can survive each other. Race me: I'll fold this whole basket before you finish the page.” Parallel work beats supervision.

THE PERFECTIONIST ERASER

“In this house we cross out – one line, keep moving. Erasing is for people hiding their thinking. Mathematicians cross out; it means the brain was working.”

THE NEGOTIATOR

“The deal was made at breakfast and I keep deals – both directions. New terms get discussed tomorrow at breakfast, not now.” Never renegotiate at the table.

The placement check

Three straight weeks of fights usually isn't attitude — it's placement. The work is too hard, or secretly too easy. Six observable signs, no interpretation required.

SIGNS IT'S TOO HARD

- Stalls before starting, not mid-page (dread beats boredom to the punch)
- Erases or crosses out more than half of everything
- Asks you to confirm every single answer before writing it
- Melts down at the same TYPE of problem every time (that's data, not drama)

SIGNS IT'S TOO EASY

- Finishes in a third of the time, sloppy, zero crossing-out
- Complains 'boring' but scores clean when you spot-check
- Does it fine — while narrating a completely unrelated story the whole time

WHAT TO DO WITH A MATCH

Adjust the work, not the kid. Drop back a level for two weeks and let easy rebuild the confidence (it will), or jump ahead and let hard rebuild the interest. If you're a Sunday Packet family, this is literally what the Friday check-in is for — mark it bumpy or too-smooth honestly and next Sunday's packet moves. If every session is distress rather than resistance — tears about school generally, dread that travels beyond the table — that's a conversation with the teacher, not a motivation problem, and it deserves the bigger toolbox.

NO ANSWER KEY IN THIS KIT, ON PURPOSE — THE VARIABLE IS YOUR KID, AND KIDS DON'T VERIFY.