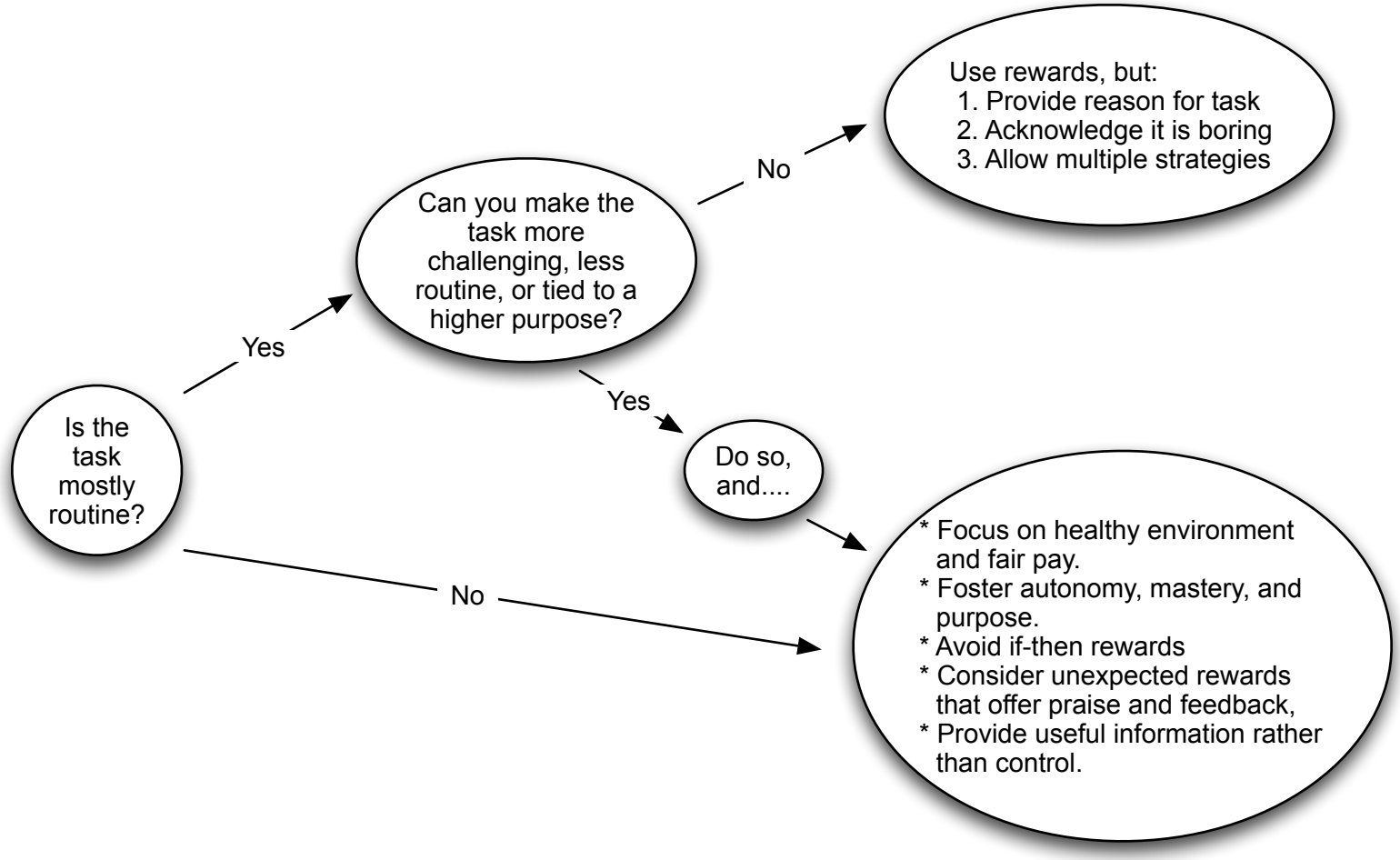
Is the task mostly routine?
Yes
No
Can you make the task more challenging, less routine, or tied to a higher purpose?
No
Yes
Use rewards, but:
1. Provide reason for task
2. Acknowledge it is boring
3. Allow multiple strategies
Do so, and....
* Focus on healthy environment and fair pay.
* Foster autonomy, mastery, and purpose.
* Avoid if-then rewards
* Consider unexpected rewards that offer praise and feedback,
* Provide useful information rather than control.