

TREAT YO SELF

You earned it!

Negative consequences can definitely motivate us to get stuff done, but so can positive reinforcement.

Use this space to brainstorm rewards you can look forward to when you finish tasks that were difficult to get started on!



Tips:

- Make sure the reward you choose *truly* motivates you. If you pick something you don't care about, it's not really gonna work as well.
- Select a reward that's the same size as the effort required to finish the task(s). Bigger tasks = bigger rewards.
- Rewards don't have to cost money. Pick things that will make you happy and/or feel good!

Reward ideas:

- Set up an "Under \$15" wishlist on Amazon
- Watch a new movie
- Take an online class
- Visit fave coffee shop
- Guilt-free gaming time
- Order food delivery
- Download a new book
- Find some new music
- Try a new craft beer
- Go on a day trip
- Download a new app
- Buy a new mug
- Take a bubble bath
- Pick up a new hobby
- Order pizza
- Start a new TV show
- Draw/color
- Go on a dollar store shopping spree
- Throw a game night with friends
- Go for a hike
- Take a day off
- Have a picnic
- Get a massage
- Lay in a hammock
- Visit the library
- Go camping
- Take a nap

✓ AFTER I...
<input type="radio"/> Clean out the fridge
<input type="radio"/> Update my resume
<input type="radio"/> Call the insurance company
★ I GET TO...
Download a new audiobook

✓ AFTER I...
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