

TREAT YO SELF

You earned it!

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

Use the following pages to brainstorm rewards you can look forward to when you finish tasks!



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!
- Struggle with self-control? Ask someone to hold onto physical rewards until you've earned them.

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
- Lie 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...
Open a Magic card booster pack (put a sticky note checklist on top of the card pack)	

✓	AFTER I...
<input type="radio"/>	Put dirty clothes in washer
<input type="radio"/>	Move wet clothes to dryer
<input type="radio"/>	Put dry clothes in hamper
★	I GET TO...
Eat a Jolly Rancher (keep a bag of candy on top of the washer)	

✓ AFTER I...
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
★ I GET TO...

✓ AFTER I...
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
★ I GET TO...

✓ AFTER I...
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★ I GET TO...

✓ AFTER I...
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★ I GET TO...

✓ AFTER I...
<input type="radio"/>
★ I GET TO...

<input checked="" type="checkbox"/>	AFTER I...
<input type="checkbox"/>	
<input checked="" type="checkbox"/>	I GET TO...
<input type="checkbox"/>	