



Rewards

Examples of Rewards: soaking in a warm Epsom salts bath, taking one day off a week to do literally nothing, treat yourself to a movie you've wanted to watch, go to your favorite nature spot and spend time there, cook or bake something yummy, indulge in a nap, visit the Library to find new music, movies or books you'd like, make a plan to spend time with someone you love, spend time looking at, creating or learning some form of art.

Try to avoid monetary rewards.

Keep adding to this list - you'll find over time new ideas will come to you. For now, think of at least 3.

1.

2.

3.

4.

5.

6.

7.

8.