

Achieve a Goal & Reward Yourself

Mini-Goals Rewards

Set small goals that can be achieved in 1 or 2 weeks.

Reward Range: Free up to \$10

<ul style="list-style-type: none"> ▪ Deposit \$10 into the "Big Goal Reward" Fund to use later ▪ Movie Tickets ▪ Spend time with friends ▪ Adopt a pet ▪ New cookbook ▪ New candles ▪ Candlelit bubble bath ▪ Lazy guilt-free day 	<ul style="list-style-type: none"> ▪ Be a kid for an afternoon. Go fly a kite, buy a bunch of balloons and give them away as you go, get a yo-yo and practice all those silly stunts again. Go swing on the playground or slide down the slide. ▪ New lipstick or makeup ▪ Day at the Beach 	<ul style="list-style-type: none"> ▪ Road trip, sight-seeing ▪ Spa treatments at home ▪ Goodwill shopping spree / new clothes ▪ Daylong photography excursion ▪ Spend the day playing at your hobby ▪ Buy a copy of your favorite magazine 	<ul style="list-style-type: none"> ▪ Order a "Skinny Latte" from Starbucks and spend the day relaxing with a book or laptop at the café` ▪ Buy movie or music from iTunes ▪
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Mid-Level Goals Rewards

Set mid-level goals that can be achieved in a month or two.

Reward Range: \$10 - \$40

<ul style="list-style-type: none"> ▪ Deposit \$40 into the "Big Goal Reward" Fund to use later ▪ Workout clothes ▪ Running shoes ▪ A massage ▪ A manicure/pedicure ▪ A book, CD or DVD ▪ Dumbbells, medicine ball or resistance bands ▪ Heart-rate monitor watch 	<ul style="list-style-type: none"> ▪ Teeth whitening ▪ New item of clothing ▪ Subscribe to a fitness magazine ▪ Spruce up a room in the house w/ paint ▪ Buy tickets to a play, sporting event or art show ▪ Craft supplies ▪ Jewelry 	<ul style="list-style-type: none"> ▪ Take a class ▪ Get your car professionally cleaned ▪ Take a "personal" day from work ▪ Adopt a pet ▪ Sexy lingerie ▪ Glamour Shots ▪ Flower arrangement 	<ul style="list-style-type: none"> ▪ Perfume / Cologne ▪ Buy a hammock, set it up and spend the day lazing in the sun ▪ Go camping! ▪ New purse ▪ Candles or home décor` ▪ Day at the beach ▪
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Big Goals Rewards

Set big goals that will take hard work, perseverance and dedication for the long haul.

Reward Range: \$50 and up

<ul style="list-style-type: none"> ▪ Vacation or weekend getaway ▪ Cruise ▪ Jewelry (Big Stuff!) ▪ New clothes ▪ Makeover ▪ Workout equipment ▪ All Day Spa Treatment ▪ Hire a maid for 1 day 	<ul style="list-style-type: none"> ▪ Nice piece of furniture for the house ▪ Electronic gadget or toy ▪ Get a tattoo ▪ Buy tickets to a play, sporting event or art show ▪ Craft supplies 	<ul style="list-style-type: none"> ▪ Hire a personal shopper to help you buy a new wardrobe ▪ Buy a new kitchen gadget or appliance ▪ New car ▪ Adopt a pet ▪ Weekend hobby retreat / trip 	<ul style="list-style-type: none"> ▪ Spruce up a room in the house with new décor` ▪ Landscape your house ▪
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