



The many Ways to Reward Yourself for Reaching Your Goals

Reward yourself whenever you reach an important milestone or achieve a specific goal. Having something to look forward to increases your motivation and makes it easier to follow through with your tasks. Here is an extensive list of self-reward ideas, pick one that really speaks to you.

Free Rewards

- Call (or spend a day with) a friend or family member who makes you smile.
- Create a personal sanctuary. Create a private space in your room where you can relax.
- Dance and sing.
- Designate a lazy day and do absolutely nothing.
- Do a crossword puzzle or word search.
- Draw or doodle.
- Engage in a little gardening.
- Enjoy a bubble bath or a long shower.
- Enjoy an at-home-spa day.
- Go screenless for an hour.
- Host a game night and play classics such as Pictionary, Twister, and Charades with friends.
- Knit, crochet, cross stitch, embroider, or sew.
- Lie in a hammock.
- Play poker or another card game with friends.
- Re-organize your closet.
- Sit on a porch swing.
- Take a short break during the workday.
- Take photos.
- Visit the library or bookstore and browse.
- Volunteer at the local shelter.
- Write a note to a friend or family member you haven't spoken to in a while. Include a note about how you're thankful for how they've positively impacted your life.

Entertainment Rewards

- Enjoy a laugh at a local comedy club.
- Go to a carnival, festival, or arts and crafts show.
- Go to a concert.
- Go to an art gallery.
- Listen to an awesome podcast.
- Listen to music that motivates, energizes, or relaxes you.
- Marathon your favorite show on Netflix.
- Plan a night out with your friends.
- Play a Wii game.
- Play pool.
- Play your favorite online game.
- Attend a sporting event.
- See a movie in the middle of the day when the theater's not full.
- Sing karaoke.
- Throw a party.
- Visit the museum.
- Watch (or re-watch) a movie at home.
- Watch all the cute animal videos on YouTube you want.
- Watch bloopers and funny videos on You Tube.

Travel and Outdoor Rewards

- Build a fire and enjoy its comforting warmth.
- Discover a local hot spot or tourist site you've never taken the time to visit.
- Enjoy a leisurely morning walk at the park.
- Take a nice hike by yourself or with friends.
- Find a peaceful place to sit and do nothing for a while, soaking up the sun or feeling the gentle breeze.
- Fly a kite.
- Go camping and enjoy some fresh air.
- Go canoeing, paddle boarding, kayaking, or surfing.
- Go for a nice bike ride.
- Go for a swim.
- Go geocaching.
- Go horseback riding.
- Go star gazing.
- Play Frisbee.
- Sit at the beach when it's empty because everyone else is at work.
- Take a joyride with friends or family.
- Visit a pick-your-own farm or orchard and harvest sunflowers, strawberries, apples, and other homegrown treats.
- Watch the sunrise or sunset.

Food Rewards

- Eat your favorite pastry or cake.
- Cook your favorite dish.
- Eat at your favorite restaurant.
- Give in to your sweet tooth and eat your favorite candy.
- Enjoy your lunch outdoors.
- Make a gourmet dessert.
- Take a break from work and buy your favorite ice cream or frozen yogurt.
- Treat yourself to a smoothie or milkshake.
- Buy some fancy cheese and crackers.

Self-Care Rewards

- Meet a friend on a Saturday morning for a cappuccino or brunch.
- Sign up for a charity walk or running event.
- Sign up for a yoga or Sumba dancing class.
- Get a manicure or pedicure (or both).
- Get a new hairstyle or try a fresh hair color.
- Take a guilt-free nap.
- Take time to do your hair and makeup.
- Wear a new scent that pleases you.
- Wear something that makes you feel confident.
- Write in your journal.
- Go to sleep early.

Shopping Rewards

- Begin a "rewards savings." Reward yourself with money. Every time you reach a goal, add \$1 or \$5 to your "rewards savings" account.
- Brighten up your goal calendar with stickers. Use stickers to highlight achievements and emphasize deadlines.
- Buy a new app. Whether it be a game app or something related to your goals.
- Buy a plant for your bedside table or garden. Plants in your workspace promote happiness and productivity.
- Buy yourself a fresh bouquet of flowers to display in your home.
- Buy yourself a nice journal to write reflections, emotions, goals, and dreams in.
- Give someone an unexpected gift.
- Redecorate your bedroom.

Source: Developgoodhabits.com