

NON-FOOD REWARD IDEAS TO CELEBRATE SUCCESS

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Smaller Achievements

1. Take a bubble bath.
2. Indulge in an hour of me time—sleep/read/guilty pleasure television.
3. Get a bouquet of fresh flowers.
4. Purchase a new lunch box.
5. Put on your favorite music and dance around the house.
6. Take a hike.
7. Buy a new book from a favorite author and enjoy some relaxing reading time.
8. Rearrange furniture in a room for a fresh new look and feel.
9. Explore a new park.
10. Practice meditation, there are lots of free guided meditations online.
11. Brew some tea or coffee and enjoy.
12. Explore a new walking route.
13. Start an herb garden.
14. Experiment with a new exercise class just for FUN—think Zumba or other dance class.
15. Buy a colorful water bottle.
16. Go to a grocery store or ethnic grocery and buy a vegetable you have never eaten—google how to cook it.
17. Ride a bike.
18. Complete a Sudoku or crossword puzzle.
19. Enjoy an entertainment magazine to see a favorite celebrity and new fashion trends.
20. Call a friend just to catch up—no texting.
21. Take a trip to a museum.
22. Kiss your partner (or more).
23. Get your car washed and waxed—or do it yourself!
24. Rent a movie.
25. Make a top-ten list of why you are GRATEFUL and post it everywhere.

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Larger Achievements

1. Purchase new clothes—perhaps running or walking shoes.
2. Plan a romantic date.
3. Take a personal health day off from work.
4. Treat yourself to a mani-pedi.
5. Save money from a specific unhealthy snack (calculate how much saved in a month) and purchase a desired item such as a new workout accessory.
6. Go see your favorite local band.
7. Get a massage.
8. Plan a trip—even if it's just a “staycation.”
9. Purchase a decorative journal for: goal progress/ dreams/reflections.
10. Enjoy a local sporting event.
11. Host game night with friends—healthy snacks requested.
12. Hire a personal trainer to refine your workouts.
13. Purchase a music subscription and create a new workout playlist (think iTunes or Spotify).
14. Get your hair done or try a new hairstyle.
15. Go see a movie with a healthy snack packed (may have to sneak in the snack).
16. Buy a new yoga mat and attend some yoga sessions (or use Youtube).
17. Visit a local comedy club—good for mind and body.
18. Purchase new stationery and write note of gratitude to inspirational relative or friend.
19. Go camping for some natural fun.
20. See a local play—even high school drama clubs or community theatres are great.
21. Get a facial.
22. Buy a new cookbook and plan a healthy meal.
23. Take a tour of your own town/city—a “tourist-y” type outing.
24. Purchase a gym membership and remember to use it.
25. Learn a hands-on craft such as knitting, crocheting, or needlepoint.