HO #4-2

Identifying Rewards

Make a list of ways you can reward yourself for achieving your short-term goals.

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Write down ideas for rewards that might help spur you on to reaching your long-term goal.

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From S.N. Blair, A.L. Dun, B.H. Marcus, R.A. Carpenter, and P. Jaret, 2011, *Active Living Every Day, 2nd Edition* (Champaign, IL: Human Kinetics).