

HO 3.1 Getting Your Just Rewards

You learned about the importance of rewarding yourself for attaining your healthy eating goals in this session of the HEED book. And on page 42, you should have identified some ways you could reward yourself.

People often struggle to come up with ideas, so this activity will help you compile a list of personal rewards that you could use to motivate yourself to attain your goals. There are eight different categories. Select any items that you think would motivate you to stay on track toward your goals.

Time With Family or Friends

- Play a board game.
- Go to a park.
- Go for a walk or hike.
- Go to a museum or zoo.
- Go to a play.
- Take a vacation (go on holiday).
- Do a jigsaw puzzle.
- Take a day trip.
- Go camping.
- Go to a movie.
- Exercise.
- Go dancing.
- Other _____

Time By Myself

- Read a book, magazine, or newspaper.
- Take a long, soothing bubble bath.
- Listen to music.
- Take a walk or hike.
- Write in my journal.
- Write, e-mail, or call a family member or friend.
- Exercise.
- Think about my life goals and values.
- Do a puzzle.
- Other _____

Music and Video

- Listen to music.
- Watch or go to a movie.
- Buy a new movie or music for my phone.
- Go to a concert.
- Take music lessons.
- Get new audio or video equipment.
- Other _____

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Travel

- Visit a new place in my local area.
- Visit a new place in my country.
- Visit a new place overseas.
- Other _____

Learn New Things

- Take a class or course.
- Go to a museum.
- Join a book club.
- Learn a new language.
- Take dance lessons.
- Other _____

Healthy Lifestyle Stuff

- Get a new kitchen gadget that will help me eat better.
- Get an activity tracker.
- Get a new piece of exercise equipment.
- Get new exercise shoes or clothing.
- Eat out at a nice restaurant that serves healthy food.
- Hire a dietitian.
- Hire a personal trainer.
- Other _____

Home

- Plant flowers.
- Do a home-improvement project.
- Buy a new picture to hang.
- Get a new piece of furniture.
- Other _____

Splurges

- Buy a new clothing item.
- Buy a new piece of jewelry.
- Have a manicure.
- Have a facial.
- Have a massage.
- Get a new haircut, style, or color.
- Have my car washed.
- Other _____