

superlife planning for success™

Make a list of all the rewards you can provide to yourself when you achieve what you've set out to achieve.

TIPS FOR THIS ACTIVITY:

- Make sure you have a range of different types of rewards
- Make sure that you include different sized rewards for different sized achievements
- Try to include some intangible reinforcers (e.g. things you can say to yourself) along with the more tangible ones (e.g. a new top or a massage)