

CREATING YOUR REWARD SYSTEM

"LOVE YOURSELF ENOUGH TO LIVE A HEALTHY LIFESTYLE."

- ULTRA HEALTHY MINDSET



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We can use the same psychology to achieve our health goals by setting up a reward system. So, how do you set up a rewards system? It's simple. First, rewards are determined by what gets you excited. Do you like to read? You can reward yourself with an hour of alone time to read your favorite book once you achieve one of your small goals. Do you enjoy camping? You can reward yourself with a camping trip once you achieve a bigger goal. Again, your rewards should be based on what you enjoy.

Take a moment now and write down a list of things you enjoy. Don't overcomplicate this. Jot down some ideas of what you can reward yourself with - big and small.

Next, take the goals you created earlier in this book and jot down a few milestones you can achieve on your way to achieving your goal. For example, if one of your goals is to go from 220 pounds down to 180 pounds in three months, you can have a milestone for every ten pounds you drop.

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Finally, take your milestone goals and your rewards and link them together. So, when the scale hits 210 pounds, you can reward yourself with an hour to yourself to read. When you hit the 200-pound mark, you can reward yourself with a healthy dinner out on the town. When you hit the 190-pound mark, you can reward yourself with a “maid service” cleaning your house. And when you hit your three-month goal and drop to 180 pounds, you can reward yourself with an overnight trip to your favorite campgrounds.

As you can see, the first couple milestones get rewarded with small celebrations and the last couple get rewarded with bigger celebrations.

Take some time now to create your reward system.