

Personal Rewards

All of the rewards listed below are ways to treat yourself without using food. You may think of other ideas to add to this list. As you begin to make constructive changes, it is helpful to add some things in, not just take out favorite past times, like eating.

Candle light	Singing	Super comfortable shoes
Music – lying on the floor with my feet up, and my eyes closed	Doing anything spontaneously, instead of planning ahead	Set table with linen napkins, and silver when I eat alone
Deep breaths	Neck rub from a friend	Make up
Professional massage	Sitting with my feet up	Go visit a friend
Yoga class	Sharpening new pencils	Sitting in the sunshine
Wearing my favorite perfume	My own letterhead stationary	Sheets dried in the sunshine
Reading without interruption	Pretty stamps and stationary	Sprinkle scented powder on to clean sheets
Buy a new coffee cup	Pencils with my name	Send flowers to a friend
A cold glass of water	A new writing pen	New lingerie
A hot cup of coffee	Write a real letter to a friend	A fuzzy robe on a cold night
A spicy cup of tea	Cuddle a baby or a pet	A hug
Cut down on caffeine	Playing kids' games	Fire in the fireplace
Ice skating	Riding my bicycle	Finding a shiny coin
Dancing	Picnic in the living room	Feed the ducks
Go for a ten minute walk	Looking at photo albums	A favorite magazine
Buy a pedometer	Cleaning out a drawer	Women's magazines
Cross country skiing	Word games	New hair style or color
Work in my garden	Playing my guitar	Take a hot tub *
Hire a gardener	Play my piano	Take a sauna *
Fresh cut flowers	Crossword puzzles	Get a pedicure *
Music while I exercise	Rent a movie	Soak my feet *
Go to bed at a good hour	Go to a big screen movie	Long fingernails
Play tennis	Write in my journal	Rubbing my feet *
Whistle	Buy & read a new novel	Rub my friend's feet *
Stretch	Buy a new plant	Heating pad on my back*
Go swimming	Needle point	Give myself a facial
Walk on the beach alone	Go to a garage sale	Notice details near me
See a kid's soccer game	Call an old friend	Buy a new jigsaw puzzle
Go to the library		



<p>Take a shower when I am already clean</p> <p>Learn to draw</p> <p>Hire a house cleaner</p> <p>Go to bed early with a hot cup of tea & a book</p> <p>Practice saying no to social situations</p> <p>Antique shopping</p> <p>Doing things that give me a sense of power</p> <p>Buy a new dog toy</p> <p>Hold my cat</p> <p>Buy new sox & undies</p> <p>Take a nap</p> <p>Doodling</p> <p>Brush my hair carefully</p> <p>Sudoku puzzles</p> <p>Take a drive</p> <p>Put a bird feeder in your yard</p> <p>Take a bubble bath</p> <p>Visit a senior person</p> <p>Ride the bus to the end of the line for no reason</p> <p>Add your own in these spaces!</p>	<p>Walk during my break at work, even in the rain</p> <p>Silence in the morning</p> <p>Meditate</p> <p>Go to the beach for a few days by myself</p> <p>New cushions for the Sofa</p> <p>Buy a new candle</p> <p>Balancing my checkbook on the computer</p> <p>Sailing</p> <p>Clean out my car</p> <p>New slippers</p> <p>Go to Saturday Market</p> <p>Practice calligraphy</p> <p>Take a crafts class</p> <p>Eat at the table instead of the computer or TV</p> <p>Look at insects</p> <p>“Moon bathe”</p> <p>Listen</p> <p>Read a joke book</p> <p>“Heart math”</p> <p>“Global coherence”</p>	<p>Have my kids cook dinner</p> <p>Cook a really nice meal</p> <p>Light incense</p> <p>Shave my legs, apply lotion</p> <p>Do something each day that stays done</p> <p>Be satisfied with my day</p> <p>Lavender sachets for my dresser drawers</p> <p>Growing my own herbs</p> <p>Go through the car wash</p> <p>Knitting</p> <p>Fluffy towels</p> <p>Make my own cards</p> <p>Sunday New York Times</p> <p>Having a realistic expectation of what I can do in one day</p> <p>Take a ferry ride</p> <p>Learn a song in a foreign language</p> <p>Make a garlic braid</p>
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(*) Some people with diabetes may need to be careful using heat or sharp points, since harmful sensations might not be felt if there is some nerve damage present.

