

Name:
Date:
Email:
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Department:
Health Insurance Provider:

Activity 6 Choosing Rewards

Make a list of objects, activities, and events you can use as rewards for achieving the goals of your behavior change program. Rewards should be special, relatively inexpensive, and preferably unrelated to food or alcohol: for example, tickets to a ball game, a CD, or a long-distance phone call to a family member or friend whatever is meaningful for you. Write down a variety of rewards you can use when you reach milestones in your program and your final goal.

Many people also find it helpful to give themselves small rewards daily or weekly for sticking with their behavior change program. These could be things like a study break, a movie, or a Saturday morning bike ride. Make a list of rewards for maintaining your program in the short term.

And don't forget to congratulate yourself regularly during your behavior change program. Notice how much better you feel, and savor how far you've come and how you've gained control of your behavior.