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More balance, less bark

20 Ideas For Rewarding Yourself

Whether your goal took a day, a week, or a few months to achieve, you deserve a reward for achieving it. It doesn't matter if your goal was something as complex as cutting calories or as simple as drinking more water, every step on your health journey is a reason to celebrate. Here are some ideas for healthy ways to mark your milestones ...

1. Take a 20 minute soak in Epsom salt bath. Add some bubbles if you like!
2. Treat your hands to a massage and manicure.
3. Declare one full day a chore-free day to free up time to do something fun.
4. Check out that art gallery you've been meaning to visit, or another local place you've never explored.
5. Sit on your porch, deck, or balcony and daydream for an hour.
6. Treat yourself to lunch at a new restaurant.
7. Buy a CD or download interesting music outside your normal genre ... and dance or sing along!
8. Go to a local park or outdoor space and wander aimlessly. No agendas, no time constraints, nobody asking you for something, no technology. Just wander.
9. Call someone you love but haven't spoken with in a while.
10. Shop for some fancy stationary and write letters to mail (Yes, mail!) to friends and family.
11. Commit to a rousing game of whatever with your kids or pets.
12. Volunteer with local animal rescue groups to play with dogs or cats for an afternoon.
13. Reconnect with an old hobby you haven't had time for.
14. Take a nap in the middle of the day.
15. Go shopping for a coloring book and markers or colored pencils.
16. Peruse the shelves at your local library and find an entertaining escape to read.
17. Light some candles, fix yourself a mug of calming tea (like chamomile), turn on some quiet, calming music, shut off the electronics, and veg out for an evening.
18. Buy a workout DVD.
19. Buy a plant or flowers for your home or office.
20. Visit a pick-your-own farm or orchard and harvest your own apples, strawberries, blueberries, or other farm fresh goodies.