

## What do YOU like to do? Starting a "Reward Myself" List!

Ok, you've decided to start thinking about yourself but feel guilty for taking time off or doing something just for yourself. One client was appalled to discover that he didn't even know what he liked to do anymore. If he wasn't working, he'd simply sit in front of the television and fall asleep.

Let's start by making a list of what you **used** to enjoy. Start by listing 3 things. Your list might look like:

1. Reading
2. Watching movies
3. Camping

Now, write down 3 things you enjoy. If you are stuck, think about what you USED to do when you were younger/before kids/spouse, etc.

- 1.
- 2.
- 3.

Congratulations! That's a great start! Now it's time to get more specific. Let's go back to the above example, where the first item listed is reading. Ask: Reading WHAT?

1. Reading--What type of reading? Magazines? Biographies? Action/Adventure? Romance? How to books? Write it down! Look at your bookshelf. Ask your mother. Find the answer.

Great job! Let's go deeper. Let's say you enjoy reading history. What kind of history? Ancient? Political? Biographical? Is there a particular author you enjoy?

I did this exercise with a client and we eventually got his list to:

1. Reading--Presidential biographies, e.g. Adams, Roosevelt, Washington, Lincoln, etc.

All of a sudden, he couldn't wait to go to the bookstore and "treat" himself to a book. He was able to dangle that idea in front of himself as a reward for accomplishing particular goals on which he felt stuck.

Let's try it again with example #2, "Movies". What kind of movies--in the theater or video? With friends or alone? Action, romance or mystery? Do they have to make you think or can they be "emotional fluff?" (Momento vs. Pretty Woman)

Once more, let's work through "camping". Tent, trailer or cabin? Same place or different each time? Cheap or expensive? Weekend, 4-day or 3 weeks? With a group, family, friends or solo? Fancy campground with all the amenities or roughing it? Europe? Boundary Waters? Desert? Mountain? Do you see the pattern?

Break down your list until you have some specific items that make you feel "jazzed" just thinking about! You are on your way to creating a "Reward Yourself" list!!

Look at the Sample List for some ideas to get started, then make your list starting on page 3. Keep adding to it because you deserve the best life has to offer!



