

Worksheet 1d REWARD YOURSELF

Write down your wins and how you rewarded yourself

Anything you have fully committed to doing different DESERVES rewarding..that means PROGRESS!!!

Wins - Acknowledge the gains you've made	How did you reward yourself?
Example: I fully committed to my go-to response even when I didn't want to.	I told myself I was proud of that achievement. Good On You Beck. You Did It!

Tip:

Wins and Rewards do not need to be HUGE, they just need to be an achievement for you and where you're at. A Win is a Win.