



# Writing Goals and Milestone Rewards

## **Weekly Writing Schedule**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00am							
1:00am							
2:00am							
3:00am							
4:00am							
5:00am							
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
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4:00pm							
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6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							



## Goal Rewards Template

Week	Reward
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

# Writing Rewards

## Entertainment Rewards

- Do a fun activity with your kids.
- Enjoy a laugh at a local comedy club. (In fact, watching successful comics is a great way to improve your humor skills.)
- Go to a carnival, festival, or arts and crafts show.
- Go to a concert.
- Go to an art gallery.
- Indulge your senses with a season pass to the theater or opera.
- Learn a new skill. Sign up for a class to learn a skill you've always wanted to learn.
- Listen to an awesome podcast.
- Listen to music that motivates, energizes, or relaxes you.
- Marathon your favorite show on Netflix.
- Plan a night out with your friends.
- Play a Wii game.
- Play pool.
- Play your favorite online game.
- Attend a sporting event.
- Subscribe to a premium Spotify membership.
- See a movie in the middle of the day when the theater's not full.
- Sing karaoke. Check out karaoke channels on Youtube.
- Take a cooking/pottery/photography class.
- Throw a big party.
- Visit the museum.
- Watch (or re-watch) a movie at home.
- Watch all the cute animal videos on YouTube you want.
- Watch bloopers and funny videos on You Tube.

## Food Rewards

- Enjoy green superfood drink
- Buy your favorite pastry or cake.
- Cook your favorite dish. Use all those expensive ingredients.
- Treat yourself to a meal kit delivery service for a few weeks instead of cooking.

- Drink a glass (or two!) of wine.
- Eat at your favorite restaurant.
- Give in to your sweet tooth by buying your favorite candy.
- Enjoy your lunch outdoors.
- Make a gourmet dessert.
- Make your own chocolate fondue.
- Order in.
- Take a break from work and buy your favorite ice cream or frozen yogurt.
- Treat yourself to a smoothie or milkshake.
- Buy some fancy cheese and crackers.

## Free Rewards

- Call (or spend a day with) a friend or family member who makes you smile.
- Color. Check out these fun adult coloring book options.
- Create a personal sanctuary. Create a private space at home where you can relax.
- Dance and sing.
- Designate a lazy day and do absolutely nothing.
- Do a crossword puzzle or word search.
- Draw or doodle.
- Engage in a little gardening.
- Enjoy a bubble bath or a long shower.
- Enjoy an at-home spa day.
- Go screenless for an hour –specifically take a break from social media.
- Host a game night and play classics such as Pictionary, Twister, and Charades with friends.
- Knit, crochet, cross stitch, embroider, or sew.
- Lie in a hammock.
- Light candles or, better yet, light scented candles.
- Play poker or another card game with friends.
- Re-organize your closet.
- Sit on a porch swing.
- Take a selfie.
- Take a short break during the workday.
- Take photos.
- Visit the library or bookstore all by yourself.

- Volunteer at the local shelter.
- Write a note to a friend or family member you haven't spoken to in a while. Include a note about how you're thankful for how they've positively impacted your life.

## Self-Care Rewards

- Book a session with a personal trainer.
- Get a manicure or pedicure (or both).
- Get a new hairstyle or try a fresh hair color.
- Get a new tattoo or piercing.
- Get fitted for a new sports bra.
- Get fitted for workout shoes at a running store.
- Get some new shades for outdoor exercise.
- Get yourself a bottle of fancy shower gel or lotion.
- Head to a salon to get your eyebrows waxed or threaded.
- Hire someone to clean your house.
- Invest in some moisture-wicking workout socks to avoid sweaty feet!
- Invest in a fitness tracker to motivate you even more.
- Put off today's to-do list until tomorrow.
- Meet a friend on a Saturday morning for a cappuccino or brunch.
- Pamper yourself with a week at a luxury spa.
- Practice mindful writing.
- Shave your legs and put clean sheets on your bed.
- Sign up for a charity walk or running event.
- Sign up for a healthy subscription box.
- Sign up for a yoga/Sumba/pole dancing class.
- Take a day off work for no reason at all.
- Take a five-minute self-esteem breather.
- Take a guilt-free nap.
- Take time to do your hair and makeup.
- Take your car for an inside-out cleaning.
- Treat yourself to a massage or facial.
- Try aromatherapy—a safe and natural way to treat various ailments.
- Watch a YouTube makeup tutorial and experiment.
- Wear a new scent that pleases you.

- Wear something that makes you feel confident.
- Work on your hobby or a craft project that you enjoy.
- Write in your journal
- Schedule a professional portrait shoot.
- Go to sleep early.

## Shopping Rewards

- Begin a “rewards savings.” Reward yourself with money. Every time you reach a goal, add \$5, \$10, or \$20 to your “rewards savings” account.
- Begin a collection—be it stamps, action figures, sports memorabilia, etc. Enjoy the thrill of seeking, owning, and growing your collection.
- Brighten up your goal calendar with stickers. Use stickers to highlight achievements and emphasize deadlines.
- Browse a flea market, antique shop, or thrift store. Maybe you'll finally find that one piece of furniture you've been looking for.
- Buy a car or home stereo, or a big screen TV. Reserve this splurge for when you achieve big goals.
- Buy a fancy new water pitcher or bottle—a perfect reward for meeting a fitness goal.
- Buy a lottery ticket.
- Buy a new painting for your living room or bedroom. Brighten up your surroundings with a new painting or wall décor.
- Buy a new app. Whether it be a game app or something related to your goals, buy that premium app you’ve been wanting for a while.
- Buy a new book and read it. Buy a hardcover copy of a book on your reading list and schedule uninterrupted time to read it.
- Buy a new purse or laptop bag. This is another splurge reward you can give yourself when you achieve a significant milestone.
- Buy a new workout DVD. Give yourself permission to try a new workout once you reach a previous goal. This also helps keep exercise interesting.
- Buy a new workout outfit—a perfect reward for meeting a weight goal.
- Buy a plant for your bedside table or garden. Plants in your workspace promote happiness and productivity.
- Buy a small personal blender for smoothies and protein shakes.
- Buy and hang a bird feeder and sit and watch the birds enjoy.
- Buy one thing off of your Pinterest boards.

- Buy or make a special piece of jewelry.
- Buy something that will make your job more enjoyable, like a new picture frame or a desk toy.
- Buy yourself a fresh bouquet of flowers to display in your home.
- Buy yourself a nice journal to write reflections, emotions, goals, and dreams in.
- Buy yourself a pretty scarf or hat and wear it.  
Give someone an unexpected gift.
- Buy a glossy entertainment magazine and read up on the latest celeb and fashion news.
- Buy some brand-new makeup.
- Buy a pair of high-end wireless headphones.
- Buy colorful shoelaces to perk up your walking shoes.
- Redecorate your bedroom.  
Shop sales racks for discounted clothes and accessories.

## Travel and Outdoor Rewards

- Adopt a dog, your new walking buddy.
- Build a fire and enjoy it's comforting warmth.
- Discover a local hot spot or tourist site you've never taken the time to visit.
- Enjoy a leisurely morning walk at the park.
- Take a nice hike by yourself or with friends.
- Enjoy the blooms at a botanical garden.
- Find a peaceful place to sit and do nothing for a while, soaking up the sun or feeling the gentle breeze.
- Fly a kite.
- Go bowling with friends.
- Go camping and enjoy some fresh air.
- Go canoeing, paddle boarding, kayaking, or surfing.
- Go for a nice bike ride.
- Go for a swim.
- Go geocaching.
- Go horseback riding.
- Go star gazing.
- Go to the mall and window shop (or people watch).
- Have a picnic for some quality family time.
- Plan a weekend getaway with your significant other.
- Plant a tree in your backyard.



- Play Frisbee.
- Sit at the beach when it's empty because everyone else is at work.
- Spend a Saturday night at a quaint bed-and-breakfast.
- Spend a week visiting your favorite national park.
- Take a cruise to Hawaii and learn to snorkel.
- Take a joyride with friends or family.
- Take a mini-vacation.
- Take a riverboat or sailboat ride.
- Visit a pick-your-own farm or orchard and harvest sunflowers, strawberries, apples, and other homegrown treats.
- Visit a winery, take a tour, and sample the product.
- Visit the dog park.
- Watch the sunrise or sunset.