HO #4-2

Identifying Rewards

Make a list of ways you can reward yourself for achieving your short-term goals.

Write down ideas for rewards that might help spur you on to reaching your long-term goal.

From Human Kinetics, *Active living every day facilitator training,* 3rd ed. (Champaign, IL: Human Kinetics, 2021). Reprinted from S.N. Blair, A.L. Dunn, B.H. Marcus, R.A. Carpenter, and P. Jaret, *Active living every day,* 3rd ed. (Champaign, IL: Human Kinetics, 2021).