



REWARDS PLANNER TOOL

REWARD YOURSELF FOR YOUR WINS

STEP 1: SET YOUR MILESTONES

PICK ONE MILESTONE FOR BELOW AREAS. MAKE IT MEASURABLE AND WRITE DOWN WHY.

FITNESS (*Example: Turn up to the gym for X weeks consistently*)

MY FITNESS MILESTONE:

MONEY (*Example: Make £X in a month*)

MY MONEY MILESTONE:

RELATIONSHIPS (*Example: Spend X amount of time with X person*)

MY RELATIONSHIP MILESTONE:

STEP 2: SET YOUR REWARDS

CHOOSE ONE REWARD FOR EACH MILESTONE AND WRITE DOWN WHY.

MY FITNESS REWARD:

MY MONEY REWARD:

MY RELATIONSHIP REWARD:

STEP 3: TICK THE MILESTONE. EARN REWARDS
