
REWARD MENU

PEOPLE: List two people with whom you would like to spend more time with each week but don't get a chance to:

1.

2.

PLACES: List two places where you would like to spend more time, but don't get a chance to:

1.

2.

THINGS: List two things you do not own that you would most like to have and can afford (book, record, new shoes, etc.):

1.

2.

List your 3 best-liked foods and drinks. You may also want to include items you may not have very often:

1.

2.

3.

ACTIVITIES: List two activities you would like to do more often than you do now:

1.

2.

Now select three from above that are the most powerful rewards for you:

1.

2.

3.
