



PLANNING AHEAD FOR SELF-REWARDS



SMART
Family & Friends

1. In the space below, list some ideas for rewards/self-nurturing activities. If you are stuck, refer to the enjoyable activities checklist in the online Family & Friends toolbox.

2. Choose one that you think you could achieve in the following week.

3. What steps will you take to make sure this happens?

4. What might get in the way of your plans?

