**INCENTIVIZE YOURSELF**

Chapter Five

**Category 1: A treat that is free or low cost**

 **Examples: Your List:**

 Eat pie!

 Breakfast out

 Take ½ day off and relax

 Flowers for the house

 Go to a coffee shop and read

 Visit a nearby town

**Category 2: More expensive**

 **Examples: Your List:**

 Have lunch at a nice restaurant

 Concert tickets

 Sign up for lessons

 Tickets to a ball game

 The *good* scotch

 Gourmet cheese

**Category 3: A real pleasure**

 **Examples: Your List:**

 One-hour massage

 Five-course dinner out

 New outfit

 Sunset cruise

 Pair of Ray-Bans

 Day at the amusement park