**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