



# INSPIRATION FOR CELEBRATING YOUR GOALS

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# REWARD IDEAS

Activities	Things To Buy	Extra Special	My Favourites
<i>Engage in your favourite hobby</i>	<i>Flowers</i>	<i>Get a massage</i>	<i>Pana Chocolate</i>
<i>Listen to music</i>	<i>Donate to your favourite charity</i>	<i>Winery tour</i>	<i>Take a bath</i>
<i>Wander in a garden</i>	<i>Scented candle</i>	<i>Go on an adventure</i>	<i>Turmeric latte</i>
<i>Go out for dinner</i>	<i>Magazine subscription</i>	<i>Organise a picnic</i>	<i>Take photos</i>
<i>Meditate with candles</i>	<i>Beauty product</i>	<i>Cinema</i>	<i>Drink kombucha</i>
<i>Make a scrapbook</i>	<i>A tasty treat</i>	<i>Attend a workshop or online course</i>	<i>Visit a new yoga studio</i>
<i>Spend quality time with a loved one</i>	<i>Jewellery</i>	<i>Hot air ballooning</i>	<i>Breakfast at a cafe</i>
<i>Read a book</i>	<i>New journal</i>	<i>Horseback riding</i>	<i>Try a new recipe</i>
<i>Flower arranging</i>	<i>Home décor</i>	<i>Go on a retreat</i>	<i>Listen to a podcast</i>
<i>Colour in</i>	<i>Clothing</i>	<i>Throw a party</i>	<i>Buy a new book</i>

# AFFIRMATIONS/REMINDERS

**I am tenacious and determined in the face of adversity**

**I love how inspired I am to achieve my goals**

**I am proud of myself**

**I can do anything I set my mind to**

**Mistakes are opportunities for learning and growth**

**I enjoy the journey towards achieving my goals**

**I am doing really well**

**I am gentle with myself when I need to adjust my goals**

**I reward myself for effort, not just achievement**

**I see challenges, not barriers**

**I allow for grace and growth as I follow my dreams**

**I appreciate the efforts I've made to achieve my goals**

**Our greatest glory is not in never falling,  
but in rising every time we fall - Confucius**

# GOAL & REWARD TRACKER

**Choose three realistic goals for yourself.**

*For the first goal, keep it simple and aim to do it 5 times per week (for example, drink 2 litres of water, go for a walk, or meditate).*

*For the second goal, choose a slightly more challenging goal and aim to do it 3 times per week (for example, journal, eat 5 vegetables, read a chapter of a self-development book).*

*For the third goal, choose something you would like to do just once per week (for example, have a social media detox, put away a certain amount of money, or go for a hike).*

**Goal ONE:**

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**Goal TWO:**

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**Goal THREE:**

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**How many boxes do I need to check in order to receive a reward? (Hint: not all of them!)**

**My reward will be:**

**My special reward for achieving all my goals will be:**