

You Deserve a Reward!!

What are some simple things that make you happy? Complete this form so that you can be rewarded for all the good things you do!

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

- 1.
- 2.

PLACES: List four places where you'd like to spend more time:

- 1.
- 2.
- 3.
- 4.

THINGS: List four things you do not own that you would like to have and can afford (e.g., books, CD's, candy).

- 1.
- 2.
- 3.
- 4.

TREATS: List below the six foods and drinks you like best.

- 1.
- 2.
- 3.
- 4.
- 5
- 6

ACTIVITIES: List six simple activities that you enjoy (e.g. going for a walk, listening to music, playing with a pet).

- 1.
- 2.
- 4.
- 4.
- 5
- 6