

REWARD YOURSELF WITHOUT SPENDING

Rewarding yourself for reaching your goals, no matter how small, is incredibly important! But if you only find ways to reward yourself by spending money, then you may not achieve those goals. So read on for ways to reward yourself for a job well done, without spending extra money!

Exercise - On the surface, you may not think exercise is fun, but it can be if you find something you enjoy doing! Perhaps you would like going for a run, a walk with the dogs in a location you haven't yet explored, an exercise video at home with a friend, or a dance party with your significant other!

Call a friend - Do you have a friend who you haven't spoken to for awhile? Why not pick up the phone and catch up! This is not only free, but can be relaxing and cathartic.

Bake or cook - Shop your cupboards and chances are, you have everything you need to bake or cook something delicious! Take some extra time to spend on this, and include your family if they want to help.

Read a book - You can go to your local library to get a physical book, or download a Kindle book for free. Choose one that will make you happy, and then give yourself permission to spend a certain amount of time each day to reading, whether that be 10 minutes or 2 hours. Or perhaps try an audio book!

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Pamper Yourself - Do you need a new paint job on your toe nails? Do you have some facial masks at home? If not, try making your own! You could even invite a friend over to share in the pampering.

Watch a favorite movie or binge watch a TV show - Everyone has that one movie they could watch over and over again, or that TV show that has been on their must-watch list. Create a plan to fit in some relaxing TV watching time, perhaps in your favorite p-jays.

Family game night - Gather your family to cook a nice dinner together, then dust off some board games and enjoy a night in.

Jam out/dance - Put on your favorite upbeat music, and belt out those lyrics. Give yourself permission to listen to an entire album, or at least several songs, and just let it all out. This is also a great stress reliever!

Work on your hobby - Give yourself permission to spend time doing what you love to do! Since this is already a hobby of yours, you likely won't need to spend any money for a few hours of fun. This could be scrapbooking, taking photos, making cards, painting, coloring...and so many other things you might be interested in.