



Some creative ways to reward yourself

Small rewards

- One episode of an enjoyable TV series (30-minute comedies like Parks & Recreation, 30 Rock or Bob's Burgers are ideal to get your endorphins going)
- Read one fun internet article, even if it's just clickbait
- Stretch out on your bed and read a chapter of a non-fiction book
- Make yourself a smoothie
- Catch up on Instagram
- Play your favourite song and have a dance in your bedroom
- Listen to a top-rated podcast (This American Life, Reply All, Serial or 99% Invisible are good starting points if you're new to podcasts)
- Do some yoga stretches
- Text a few friends
- Read a travel blog
- Get a coffee from your favourite café

Medium rewards

- Go for a relaxing walk in a national park, by a river or on the beach
- Bake a cake
- Have brunch with friends
- Watch a film that everyone's talking about
- Skype a friend who lives far away
- Go to a cat café or petting zoo
- Do some gardening
- Go for a drive
- Research your dream job/house/country

Big rewards

- Have dinner at a fancy restaurant
- Buy yourself a graduation outfit
- Book a holiday
- Go on a road trip
- Don't turn your computer on for a whole day