



LOW COST REWARDS LIST	HIGHER COST REWARD LIST
<p> New Nail polish Pick wildflowers for the table Find an old favorite show on YouTube New hair cut/hairdo Try a new tea in the park or forest Watch the sunset/sunrise Layout in sun for 15 min. Each side Epsom salt foot bath (1 c epsom salt) Epsom salt bath (2 c epsom salt) Evening walk with friend Read a new book New favorite music Comedy YouTube List your blessing Hug 5 people Join a Facebook support group Go to beach Take a hike Learn 5 new stretches Give a bucket of stuff away Have tea with someone Call a friend Send someone a card Volunteer to help someone Paint a room </p>	<p> Massage Manicure Take a class on something new Take a roadtrip Have a sauna New outfit Have a facial Go to a comedy show Magazine subscription Beach vacation Learn to play an instrument Buy a new kitchen gadget Redecorate a room </p>