



Five Phase Road Map

CELEBRATION: REWARD
& RECOGNITION





4

Celebration REWARD & RECOGNITION

Take care of yourself, be healthy, and always believe you can be successful in anything you truly want.

- Alessandra Ambrosio

Good job on your progress so far!

Making big life changes is worth celebrating. You deserve recognition for setting out on this journey and following through.

The results are a reward in themselves, but it's also a good idea to mark your accomplishments and celebrate them.

Celebrating helps us to see our victories and not focus on any shortcomings—if you lose 35 pounds, reward that instead of worrying over the 5 pounds that you didn't lose yet.

See this Fast Track Road Map as an adventure with huge rewards, both through your changes and prizes you set up for yourself.

You get to decide what incentives, rewards, prizes, and celebrations to use. They can be anything that make you happy.

You can be creative and think of money incentives, and also activities that are free or low cost.

Helen used non-food rewards because she wanted to lose weight.

However, you can use a food reward in some cases, even if you are losing weight.

You might have a favorite meal or food that is healthy, and you can plan a delicious and healthy favorite meal as a reward.

And of course there are endless nonfood rewards, which we'll talk about soon.



Why Use Rewards?

Over the past two decades, extensive research all over the world has shown that laughter has a positive impact on various systems of the body. Most noteworthy is laughter's ability to unwind the negative effects of stress: the catalyst for many of our health problems.

- Dr Madan Kataria

Having rewards or prizes of any kind will make this more fun. You can even see it as a game.

Life coaches will sometimes teach clients that they are playing a role in a game.

When you go to work, and you feel like your boss isn't the nicest and you have too much to do, turn it into a game.


You can see yourself playing the role of an employee. This small shift in thinking helps you step back from the stress.

The character feels the stress, and you can experience it the way you do when watching a character on TV.

See if you can get your boss to chat or even smile.

See your tasks as game objectives, and you're working toward the next level.

This mode of thinking tricks your mind in a way, letting you enjoy the challenge instead of stressing over deadlines.

A woman with long brown hair is sitting on a wooden swing. She is wearing a light-colored jacket and a patterned scarf. She is smiling broadly and looking down at an open book she is holding in her lap. The background is a soft-focus outdoor setting with green foliage and a warm, golden light, suggesting a park or garden. The swing's chains are visible, and the overall mood is peaceful and happy.

You can turn your Health Road Map into a fun quest as well, with real rewards.

Every action step is like a challenge in a game.

You could think of this as hard work...or a fun process where you *win*.

You get to design the challenges and pick the rewards, and then you also get to watch your health turn around.

How to Set up a Good Reward System

First chose benchmarks and reward levels, and decide what you will reward such as:

Each completed day—a different reward for finishing the day and for finishing with 100%.

Each completed week.

Consistency in number of days, or reaching a percentage like 75% of goals.

Completing a bigger goal, which can be the Big Goal or under it.

Reward consistency!

*Rewarding small steps along the way keeps you excited and motivated. A big prize at the end motivates as well, but works better when you have smaller prizes along the way.

People are different, and some do better with rewards even if they don't reach the full goal.

Other people feel driven to get 100% and do better if they set their rewards for only 100% days and weeks.

It's up to you, and you can try one method and switch if you decide that it's not working as well as you like.

Remember the end goal is better health, not getting 100% every day.

If you improve your health, you're winning!

It's better to focus on building a habit, and not just figuring out how to get the reward

Next, pick meaningful rewards.

What really touches you?

For some, a party to celebrate reaching Big Goals is a huge motivation.

Imagine inviting family and friends over to celebrate with you, which also gives you the chance to share your journey and invite them to make positive health changes.

We'll talk more about that in the next Phase.

You might hate the idea of being in the spotlight, so taking a trip with your partner might be a better reward.

Think of both small and bigger things that you've always wanted to do.

If cost is a concern, take the money you would have spent on junk food, alcohol, or other bad habits, and save it for rewards.

Here's even more ideas, starting with smaller rewards.

A new adult coloring book (crossword puzzles, Sudoku, or puzzle)

Extra time for your favorite hobby.



A new item for your hobby.

Money put into reward jar: \$1, \$5, \$10...

Pulling from a jar or bag of prizes you put together.

Sharing on Facebook or other social media when you reach a goal—it's fun to have other congratulate you!

Go to an afternoon movie or one after work.

Buying new nail or lipstick color.

A new book: a novel to read, self help, or a nonfiction on a topic you love

Creating a certificate for yourself.

Spending the money you've put into your reward jar.

Get your nails or hair done.

Get a massage.

Get a pedicure.

Getting a new magazine subscription.

Getting 2 prizes when you have a 100% day or week.

Get your car detailed.

Get a limo ride.

Go someone local you've wanted to visit, whether new or an old favorite—think of museums, flower gardens, attractions, or a park.

Hire someone to do your household chores or yard work for a day or week.

Sign up for a new class: yoga, Zumba, dance, painting, cooking, or something else fun.

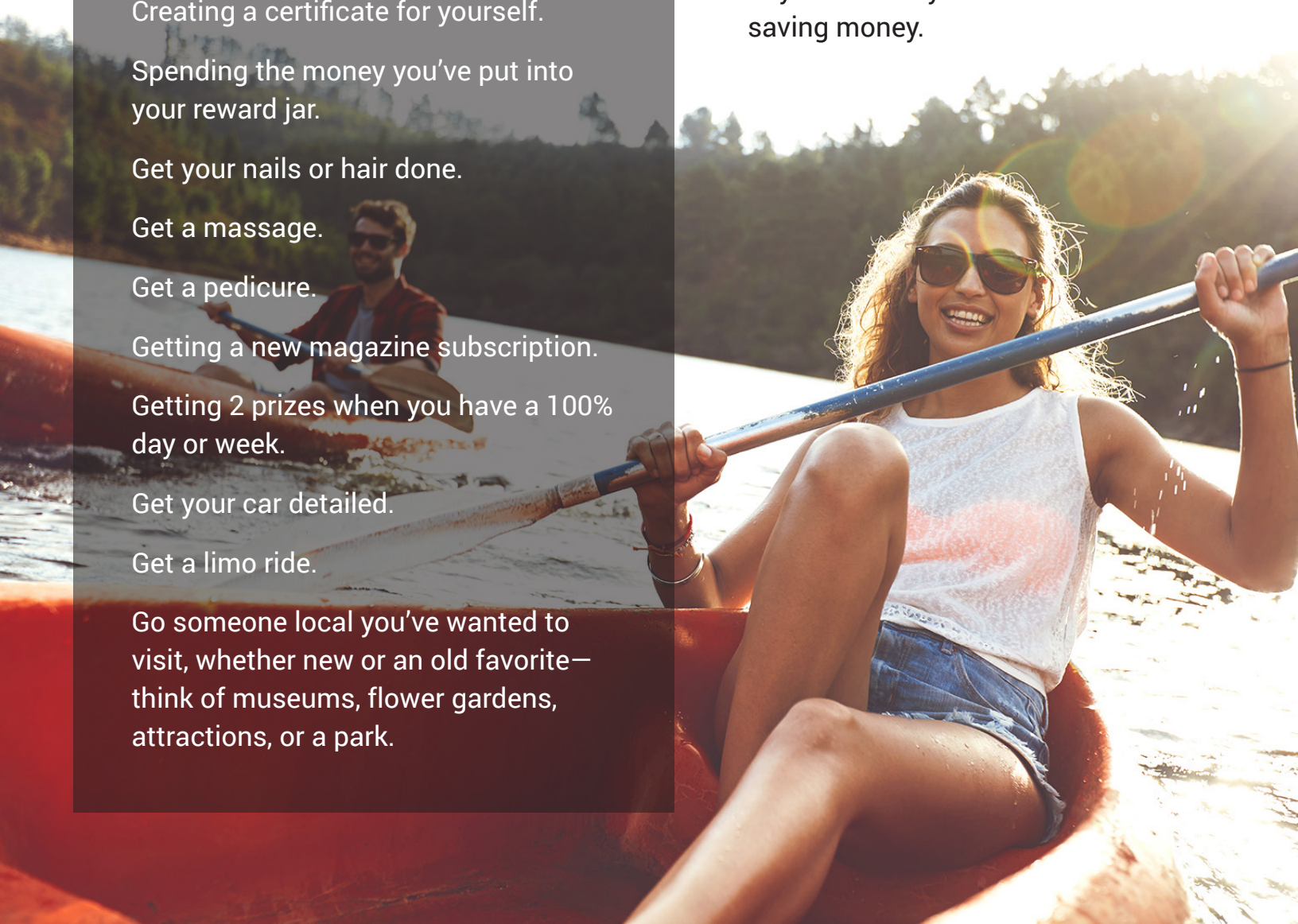
Go canoeing.

Go cycling or buy a new bike.

Buy a fruit-infuser water bottle for your infused water.

Buy new kitchen equipment like a food processor, juicer, or smoothie machine.

Hit a clothing sale or thrift store, and buy clothes in your new size while saving money.





Plant a vegetable or herb garden in your backyard.

Go on a train or hot air balloon ride.

Hike to a mountain top or beautiful waterfall.

Take a day off from work to do only thing you really enjoy.

*A great reward is doing something you couldn't before due to health reasons.

You can also link your rewards.

Eric always wanted to build his own "tricycle" motorcycle from the ground up.

His health issues had kept him from even riding for a few years, but when he began his quest to regain

his health, he decided he would ride again and build his own bike.

In the beginning, for every day that he completed his action steps he would take another step on building his bike.

For small steps, he bought magazines and books on the topic.

Next he started investing in parts.

When he lost 30 pounds and started feeling better, he rewarded himself with rides on his old bike.

Within a year, he was eating much healthier, had lost over 60 pounds, and was riding regularly again.

He also had his new bike half way built.

Maybe you have a dream vacation. For small rewards, you can buy books on the location.

Next you may want to choose to invest in clothing like a new swimsuit or whatever you would need in your destination.

You can also put money into a vacation fund.

Other big rewards might include a new garden, remodeling a part of your home, starting your dream hobby, or picking up a sport or hobby that you felt you couldn't do before.

Spend some time brainstorming and then fill out the following Reward Sheet, or use it to inspire your own design.

Reward Sheet

Daily reward for working toward your goals (at least 76% completed):

Daily reward for a 100% day:

Weekly reward for 75%:

Weekly reward for 100%:

Reward for completing 1 month:

Big prize for completing goal:

Progress Report

It's time to check in!

After a week on your Road Map, take a few minutes to evaluate how things are going.

In the early weeks, you might not see results, or you might even feel a little off from the changes.

That's okay. Go through this checklist so you can monitor progress, and remember your body might need to adjust for the first week or two.

Weekly Check-in

Do you feel any different or have more energy?

Are you sleeping better? Or finding it easier to get up in the morning?

Do you feel that you've made progress on your goals?

If you're working to improve a health condition, can you see any progress or change in any tests?

If you struggled with action steps, what can you adjust?

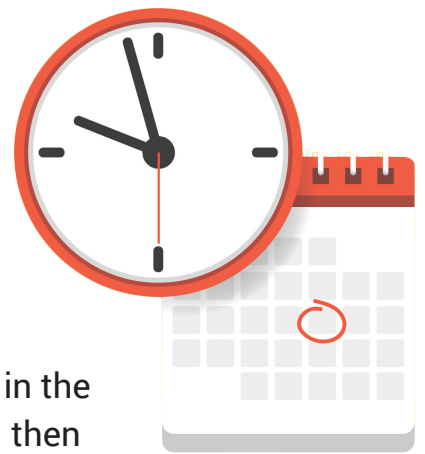
Do this check weekly so you can see just how much you're accomplishing, and if you want to make any changes to your plan.

1 to 2 Months

You should start seeing results between the first and second month mark, if not before.

For most people, you'll notice things in the first few weeks and then experience more benefits.

As the weeks add up to a month and then two, your new action steps will become habits.





The 3 Month Mark

Some goals only take 3 months to complete while others might take a year.

But after 3 months, you'll see big results from:

Cutting back on sugar (or quitting sugar): helps you lose weight, reduce inflammation, and balance hormones. It also fights cancer.

Getting more activity: helps with weight loss, regaining range of motion, having more energy, and reducing aches and pains.

Strength training: you'll see muscle development, feel stronger, and be able to lift more and complete more reps. You'll also be strengthening your bones.

Eating healthier and/or more variety in your natural food colors: gives you more energy from more micronutrients. The added fiber encourages a healthy gut biome leading to less digestive issues. It can help balance hormones and clear skin problems too.

When you get big results, enjoy it...and continue with your healthy lifestyle.

Many of these things are a way of living. You don't want to get healthier and then go back to old ways that hurt your health.

Also consider choosing a new healthy habit to incorporate into your routine.

Celebrate your achievements and share them with the people in your life!