

Personal rewards for achieving your goals are a necessary component that fuels your motivation for achieving it. It's important to understand that there are two types of rewards when it comes to goal achievement. The first are external rewards which are "outside" rewards that you give to yourself upon the completion of your goal. The second are internal rewards which are the rewards that you get as a result of achieving the goal itself. Using the grid below, list the main goals that you have and the external as well as internal rewards that you will get for achieving it.

Your Goals These are the specific projects that you want to accomplish	Your External Rewards These are the outside rewards that you give yourself upon the completion of your goal	Your Internal Rewards These are the "built-in" rewards that come about from achieving the goal itself
<i>Lose 15 pounds in 3 months</i>	<i>Will take a vacation to Hawaii</i>	<i>Will look better and be healthier and more active</i>