



Dear Achiever,

Setting up our own personal reward system can help us get the difficult tasks done, particularly the ones we have been avoiding.

To set realistic rewards, you should keep in mind 3 ground rules:

1. Not every goal or holistic area needs a reward
2. Rewards should be in alignment with your goals
3. Chosen rewards must fit the level of difficulty of the goal

After filling out the Rewards Report, keep a copy in a folder on your computer and print a copy to keep it in front of you so it can motivate you to achieve the difficult tasks. In the Achieve App, go to EXCITE and complete each Holistic area and it will be added to your Weekly Report.

Time to celebrate the little things!

Sincerely,

Team Achieve

Created by Achieve Potential Inc., learn more about our work at [achievetpotential.ca](https://www.achievetpotential.ca)

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REWARDS

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Week #

Date

Word of the Year

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Top 5 Values

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Best Life Statement

SPIRITUAL

Goal

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Targets
Achieved

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Rewards

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WELLNESS

Goal

Targets
Achieved

Rewards

RELATIONAL

Goal

Targets
Achieved

Rewards



CAREER

Goal

Targets
Achieved

Rewards

FINANCIAL

Goal

Targets
Achieved

Rewards