

30 Daily Rewards You Can Give Yourself

After you are finished with making your connection. You've done a little social media research about the person, you figured out the best way to engage them and took action to make the outreach the next step is to reward yourself.

Reinforcing good habits is paramount to building stronger connections.

1. Take a long walk with your dog.
2. Write down 5 things you are currently grateful for right now.
3. Drink a good beer. (Not too early though. 😊)
4. Have lunch with a friend.
5. Eat a piece of chocolate.
6. Take a 20 minute nap.
7. Drink a really good cup of coffee.
8. Do a quick celebration dance to your favorite song.
9. Call a friend for a few minutes.
10. Share your hard work on Facebook.
11. Go work in the park for an hour.
12. Do a laughter session. (Best to do this in an empty house so you don't scare anyone.)
13. Buy a small gift for yourself.
14. Make a thank you card for yourself so you can read it at the end of the month.
15. Go get a massage.
16. Watch a funny clip on YouTube. (Search "ultimate dog tease or office pranks")
17. Read some of your favorite quotes.
18. Eat a ripe piece of fruit.
19. Buy a sandwich for a friend.
20. Write a poem to a loved one.
21. Meditate for 10 minutes
22. Play a board game with a friend.
23. Offer to do a boring job for a friend to help them and you appreciate your work.
24. Go "old school" and use a pen for the next half hour.
25. Put underwear on your head and sing the song, "I am awesome."
26. Play your favorite game for the next 20 minutes. (Set a timer so you don't over do it.)
27. Make up your own game like how many peanuts can you throw into a glass in 1 minute.
28. Bake cookies for yourself and a neighbor.
29. Move the furniture around in your office to make it more Feng Shui enjoyable.
30. Make a list of the next 5 people you are going to connect with next.