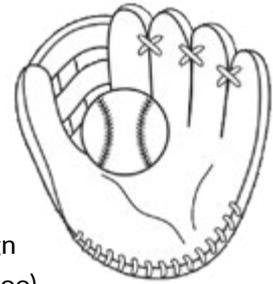


## Catch Yourself Being GREAT!



This worksheet boosts self-esteem by using positive reinforcement to reward the terrific things you do on a daily basis. The first step is to use your creativity to design a 'Reward Jar' for yourself. After gathering a regular old mason jar (a box will work too), collect some stickers, colorful pens and anything else you would like to use to decorate your jar. Then print the 'Monthly Good Deeds' calendar below. Fill in the month and add corresponding numbers, then each time you do a good deed for yourself or someone else, give yourself a star for that day (or multiple stars). Good deeds are subjective, but here are a few ideas:

- ✓ Went to the gym
- ✓ Made a delicious meal
- ✓ Completed a project
- ✓ Helped a friend
- ✓ Complemented a stranger
- ✓ Gave to charity
- ✓ Went to a dreaded doctor's appointment
- ✓ Cared for an animal
- ✓ Reorganized my office
- ✓ Ate a healthy diet

As you can see, your good deeds don't need to be elaborate, they just need to make YOU feel good about yourself. They may consist only of things you do for yourself, or you can include deeds for other people—it's all up to you. Either simply mark the calendar with a star or also jot down the actual behavior as a way of reminding yourself of your good deed.

Now, here's the really important part: Each time you add something to your calendar, drop a specified amount of money into your Reward Jar. This might be a quarter, a dollar, or whatever amount fits within your budget. At the end of the month (or longer if you choose), retrieve the money from your Reward Jar and buy something special for yourself; after all—you earned it!



You also might want to list an item or experience you would love to have in the line below the calendar, this way you will have your reward in the back of your mind to motivate you. Here are some reward ideas:

- ✓ Go to my favorite restaurant
- ✓ Go to a concert
- ✓ Take a day off
- ✓ Go to my favorite bookstore & buy a book
- ✓ Enjoy my favorite dessert
- ✓ Get a massage
- ✓ Buy some new shoes
- ✓ Spend a day at the beach
- ✓ Go on a special date with a friend
- ✓ Get a pedicure

This exercise may also be used as a great way to motivate and reward children.

### My 'Monthly Good Deeds' Calendar

Month:						
Sun	Mon	Tues	Weds	Thurs	Fri	Sat

My Good Deeds Reward Is: