

Assignment 10 - Looking Forward

Warm up tasks:

- With your assessment results in mind, how important is the chapter subject matter to you?
- What were the highlights for you from the chapter 10 lecture?
- Reminisce on some of the great rewards you have experienced, how they made you feel at the time and the gratitude you have for them.

Primary assignment:

In order to ensure that you have clear things to look forward to in your 3rd chapter -

Draw up your reward schedule:

- This is a list of things you can look forward to divided into 3 sections: *long term*, *monthly and weekly*, and *daily*. You can use the template below.
- On your first pass, think carefully about what rewards you already have to look forward to:
 - In the long run - things like family gatherings and travel
 - Monthly and weekly - things like favourite treats, walks and experiences
 - Daily - your special cup of coffee and time to meditate
- Then consider what rewards you can add in the different sections.
 - Some tips
 - What holidays and adventures both big and small can you dream up? Often working within limited resources can force you to be creative and find smart experiences to enjoy. And remember just the planning of these should be rewarding too.
 - What healthy things could you train yourself to find more rewarding?
 - Consider what productivity you can tie to different rewards.
 - Consider how you can amplify all these rewards through greater gratitude.
- Finally, keep a record of your reward schedule for your final assignment.

Well done. There is much to look forward to.

See the template on the next page...

Reward schedule template:

Long term rewards - the really meaningful things that are further apart but more rewarding:

Monthly or weekly rewards - the in between things that make your routine rewarding:

Daily rewards - small rewards, often overlooked, that you can enjoy often:

Note: please keep all your assignment output for review during your final assignment.