



## 2009 SELF Challenge



Try a new tone-up toy, like a cute watch.

Download a tune that gets you up and moving.

Indulge yourself first!

### WHY DON'T YOU...

- Hit snooze for some extra zzz's.
- Search YouTube for "laughing babies."
- Have a fancy-schmancy cup of coffee or tea.
- Swing by the Kiehl's counter for free samples.
- Take 15 minutes to read your new SELF in peace.
- Call an old friend.

# Time for treats!

**Your soul goal** To pair your hard work with some deserved pampering  
**Your soul payoff** Boost motivation and see smileworthy results.

Keep your drive alive by giving yourself something pleasurable both before and after workouts. "When you layer rewards around a challenging task, you start to associate enjoyment with that task," says Lois Barth, a well-being coach in New York City. Creating what we at SELF call a "reward sandwich" will help you stay inspired and on track. Check out our spoil-you suggestions; they'll make you want to exercise right now.

Reward yourself later!

### GO AHEAD AND...

- Sip a glass of wine.
- Get a pedicure.
- Search a gossip site such as Gawker.com guilt-free.
- Make a reservation at a trendy restaurant.
- Watch an '80s movie on cable—for the 16th time.
- Browse a bookstore.
- Take the scenic route.
- Buy some new sneaks.

Pick up a cheerful bouquet.

### GOT A FAVORITE REWARD?

Share your before-and-after at [Self.com](http://Self.com).

Relax in a bath (with bubbles!).

(Above) **Time for Treats!** "Keep your drive alive by giving yourself something pleasurable both before and after workouts. "When you layer rewards around a challenging task, you start to associate enjoyment with that task," says Lois Barth, a well-being coach in New York City. Creating what we at SELF call a "reward sandwich" will help you stay inspired and on track. Check out our spoil-you suggestions; they'll make you want to exercise right now.