Little Rewards Do Wonders

Succeeding at weight loss just got a little bit easier.

It’s easy to beat yourself up when things aren’t going well, but how often do you remember to reward yourself when you reach a certain goal? Don’t disregard the small stuff. Even losing a pound or two a week deserves a little pat on the back—and perhaps an hour at the spa. Little rewards like these that don’t involve food help you stay motivated and closer to your goal. So the next time you reach a milestone—big or small—consider these treats and give your hard-working you some TLC:

**Take a day off from housework**

Put the dirty dishes down and step away from the sink. Chores can wait. Instead, do something you haven’t done in a while. Perhaps read a book on your patio or spend a day at the park with your kids.

**Treat yourself to the movies**

Remember all of those times you saved money by cooking at home and bringing your healthy lunch to work? Well, here’s another reason to celebrate—besides having lost inches: You have extra money to enjoy the movies! Bring a Shaklee 180 Snack Bar or pack of Snack Crisps with you to help avoid temptation at the concession stand. Think of it this way, not only will you be doing your waistline a favor, you can use the money that would have been spent on popcorn and soda on another trip to the movies later.
Get a massage
What better way to thank your muscles for all of the walking, jogging, push-ups, and strength-training exercises it's done? If massages aren't your thing, get a manicure or pedicure. Or, get both!

Buy yourself something new
Have you been eyeing that pair of jeans at the mall? Or that shiny bracelet online? Go for it. Every time you wear them, you'll be reminded of your accomplishments and may be even more motivated to reach your next goal. Just make sure it's within your budget.

Soak yourself in a bubble bath
Bubble baths are a cheap and easy way to pamper yourself and relax your mind. So get the candles going, dim the lights, and plug into your favorite music.