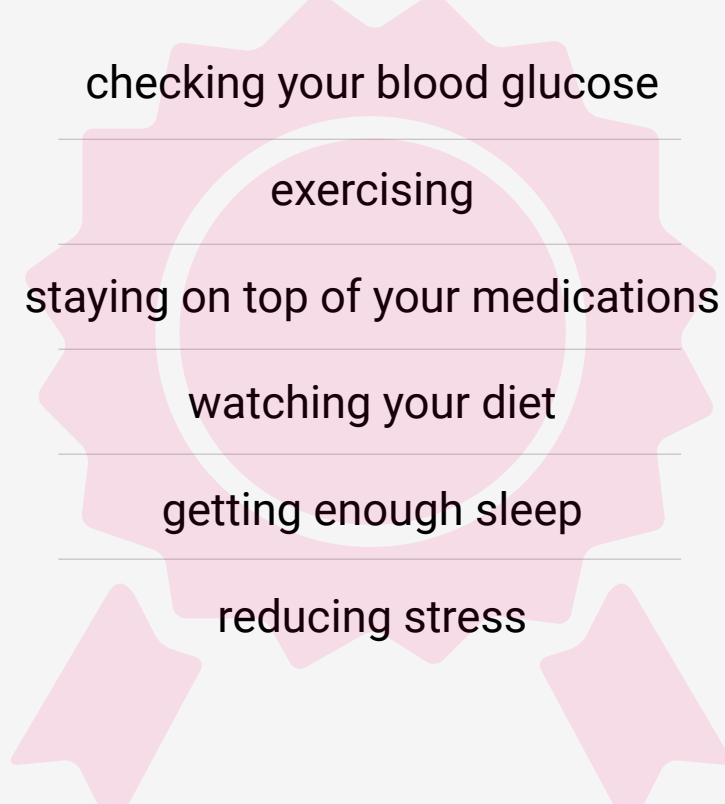


50 ways to treat yourself (that aren't food!)

The more positive feelings you associate with healthy habits, the more likely you are to stick with them.

Celebrate Your Accomplishments

We all need motivation to keep us going. You deserve a reward for all of your hard work!



How to Treat Yourself

1 Be Aware

Do you find food to be emotionally comforting? Do you look forward to a slice of cake or pizza on the weekends? These are all signs you're using food as a reward!



Focusing on food makes it all the more tempting and can make you feel deprived and upset.

2 Choose New Awards

Take a minute to think of what makes you happy: spending time with friends and family; a warm sunny day; a great movie...

3 Get Inspired

Here are 50 ways to treat yourself that don't involve food. All great options, because they won't have any impact on your blood glucose levels!



BUY SOMETHING NEW

- Headphones
- Sunglasses
- Book
- Album
- Outfit
- Workout Shoes/Equipment
- Purse/Briefcase
- Kitchen Gadgets
- Jewelry



SOCIALIZE

- Family Game Night
- Friends Night Out
- Volunteer Locally



TAKE A BREAK

- Weekend Getaway
- Staycation
- Afternoon Nap
- Meditate



LEARN A NEW SKILL

- Cooking Class
- Art Class
- Photography Class
- Learn a New Language
- New Fitness Class
- Online Course



EXPLORE THE OUTDOORS

- National Park
- Rock Climbing
- Fishing
- Hiking
- Horseback Riding
- Orchard
- Driving Range
- Scenic Drive



PAMPER YOURSELF

- Bubble Bath
- Massage
- Facial
- Manicure/Pedicure
- Watch a Movie or TV Show
- New Hairstyle



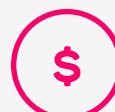
TELL THE WORLD

- Take a Selfie
- Share Progress on Social
- Email Family and Friends



GET OUT OF TOWN

- Museum or Art Gallery
- Movies
- Favorite Band
- Sports Game
- Zoo
- Coffee Shop



BET ON YOURSELF

- Lottery Ticket
- Dollar Jar for Goals



Navigating diabetes, together.

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