

A celebratory scene featuring two champagne flutes filled with bubbly liquid, positioned diagonally. A vibrant shower of multi-colored confetti (red, blue, purple, green, yellow) is falling from the top right, creating a festive atmosphere. A large, semi-transparent purple circle with a decorative border of small white dots is centered over the image. Inside the circle, the main title is written in a white serif font, and a subtitle is written in a smaller, light purple sans-serif font. A thin purple horizontal line is positioned below the subtitle. At the bottom of the circle, a small asterisk and text note are present.

365 Ways to Reward Yourself

Most Under \$5*

*Tax Not Included

TABLE OF CONTENTS

Introduction

Feel Good Rewards.....	3
Enlightening + Inspiring Rewards.....	12
Seasonal Rewards.....	21
Yummy Rewards.....	26
Free Rewards.....	35
Play Rewards.....	42

Curated Reward Lists

Can't-Spare-2-Minutes Mom.....	58
Type-A Personality.....	59
Workaholic.....	60
College Student.....	61
Foreigner Living Abroad.....	62

Creative Ways to Use these Rewards

INTRODUCTION

A reward is anything that triggers the pleasure chemical in our brains (dopamine) to make us feel pleasurable.

This could be things and experiences that create joy, cause a smile, take us a step out of the norm, or perhaps something that reminds us of our childhood.

The exciting thing about rewards is that in order for you + your mind to feel them, you don't have to spend next month's rent.

So, when should you reward yourself?

I say, EVERYDAY...as well as special occasions, like each time you meet a milestone, every creditor you send packing, each semester you successfully complete, etc.

How can you resist frequent rewards when I've brainstormed 365 ways to reward yourself for \$5 or less?

Of course, \$5-\$10/day can add up quickly, so I've dedicated an entire section to free things that will trigger your reward response (plus sprinkled a few throughout).

Are you ready?

Amanda

Feel Good Rewards

Feeling good is its own reward. Sample from the list below to get those natural smile-juices flowing. Then let out a long "ahhhh" afterwards.

1.

Five minutes at a chair massage place (typically \$1 a minute).

2.

Buy one new pair of VS panties.

3.

Go wild on Amazon by clicking "top deals", then sorting from low to high pricing. (hint: prices starting at \$0.99).

4.

Give your feet an amazing soak: [homemade recipes](#).

5.

Purchase a facial mask (single packet) from the store, turn on your favorite show, and use it.

6.

Pick out a new fish for your aquarium.

7.

Pay your child \$5 to do something around the house you don't want to do.

8.

Buy \$5 worth of stock in a company (hopefully even more rewards will come your way later!).

Feel Good Rewards

9.

Deck out your smartphone with a new cover.

10.

Try out a new lip gloss or lip color.

11.

If you are a member of a gym, block off an hour to spend in the sauna or whirlpool; if you are not a member, see if they offer a free trial.

12.

Buy a new hair accessory so that you can do your hair like all those photos on Pinterest.

13.

Buy a really fun nail polish color and paint your nails, or a luxe color, like one with crushed opals.

14.

Shop the clearance section of your favorite store (thrift shops included!). You'll be amazed at what you can find for \$5 or less.

15.

Buy a new-car-smelling air freshener and put it under your passenger seat.

16.

Purchase several pieces of gorgeous papers for your scrapbook, and make your memories pop!

Feel Good Rewards

17.

Make a yoga back massager that will leave you feeling orgasmic! Buy a foam pool noodle at the dollar store + a dowel rod at a craft store. Squish the dowel rod inside the hole in the foam pool noodle. Place the noodle on the floor, lay your back onto it, and roll yourself slowly up and down (stopping when you'd like to melt into certain areas of your back).

18.

Buy a pack of glow-in-the-dark stars, affix to your ceiling, and sleep under the stars for a night.

19.

Buy a nice pair of foot gels to put in your shoes and reward yourself with each step you take.

20.

Buy a back scratcher and go to town.

21.

Buy a scalp massager and go to town.

22.

Buy one bath fizz ball from a luxury soap place to spice up your next bath.

23.

Buy yourself a cute new pair of socks!

Feel Good Rewards

24.

Go to YouTube.com, and plug "EFT Tapping"(Emotional Freedom Tapping) into the search bar. Enjoy some of the expensive treatments stars do (in fact, EFT tapping was just used on one of Tori and Dean's reality television show episodes!).

25.

Buy a lavender mist spray. Make your bed with clean, crisp sheets sprayed with lavender.

26.

Buy jewelry cleaner and add lots of sparkle to your rings (this will make you feel like a million bucks)!

27.

Give yourself permission to bounce around on your yoga ball like a kid for at least 5 minutes (*bonus*: not only does this induce giggles, but it is a mini-workout!).

28.

Pick out some beauty products you've wanted to try from the travel section at your local Target.

29.

Tell your Mom what it is that you've accomplished. It can be very rewarding to hear approval and praise from the ones we love and look up to.

Feel Good Rewards

30.

Load up your Crockpot with water + flat, black spa-rocks (*hint*: you might find these smooth river rocks at the craft store or pet store). Put these on your pain areas, or along your spine, sit and enjoy. Add a drop of essential oils like lavender to permeate the room and stones.

31.

Reward yourself with a great laugh: search the internet for "Pinterest, Nailed it", and see the hilarious attempts some people have made to replicate popular Pinterest projects. Seriously, I almost bust a gut doing this (particularly over #13 in this list).

32.

Netflix a Bollywood movie (nothing makes you smile more than a Bollywood dance scene).

33.

Do you have an iPhone? Why not personalize it by choosing a home button sticker that sings to you?

34.

Record yourself saying these encouraging affirmations into your phone or other device. Have them play as an alert periodically throughout the day.

Feel Good Rewards

35.

The next time someone pays you a compliment, accept it wholeheartedly. Don't think that you don't deserve it, and don't discount it. Just take it in.

36.

Go to the artisan soap area of your local department store, and pick out something for under \$5. *Bonus*: actually use it by taking a bath tonight!

37.

Fill your Netflix queue with b-rated horror movies, invite a few pals over, and have fun laughing at silly scenes.

38.

Would you like to laugh your way through your reward? Get your hands on *Sharknado* (yes, there are actually sharks inside of tornados...) by adding it to your Netflix queue.

39.

Pajama day! Give yourself permission to lounge in your favorite PJs all day long.

40.

Yoga Pants day! Give yourself permission to lounge in your favorite yoga pants all day long (bonus points if you put in a few postures as well).

Feel Good Rewards

41.

Soothe your overwhelmed mind by experiencing [Calm.com](https://www.calm.com).

42.

Change your computer desktop background to a photo that makes you smile incessantly. Do the same for your smartphone.

43.

Ride a ferry just to enjoy being on the water (at a very cheap rate!).

44.

Swing in your porch swing. Don't have one? Use the swings at your local park...who says they're just for kids?

45.

Borrow a yoga DVD from your library (use inter-library loan to track one down if your local library does not have any), and carve out 30 minutes for a rewarding time.

46.

Take a carefree joyride in your car. Crank up tunes that make you feel great, roll the windows down and let your hair play in the wind. Take it in.

47.

Set your alarm clock for 15 minutes later tomorrow.

Feel Good Rewards

48.

Ask your significant other or kids to clean out your car.

49.

Stoked about the amount of weight you've lost? Reward yourself by creating a meme on the free Canva.com to share and boast about on your social media networks.

50.

Ask your partner to give you a neck, back, or fill in the blank massage.

51.

Have someone play with your hair (wow does this feel so nice!).

52.

Clean your home during a week night instead of on the weekend so that your weekend feels really rewarding.

53.

Push yourself to finish your to-do list one day early. Then take off that next day.

54.

Just like at a spa (or on a flight to/from Japan), wet a few washcloths and heat them up in the microwave until they are quite warm. Now put one over your face and let it relax you.

Feel Good Rewards

55.

Love to travel? Upgrade your luggage tags as a gift to yourself.

56.

If you're married, take a half an hour to flip through your wedding day album and watch your video. Instant mood lift!

57.

Give yourself permission to stop watching the news for awhile. The reward is taking a lot of negativity out of your day—you'd be amazed how good it feels to go on non-news binges.

58.

Shop for beautiful sets of chopsticks on Amazon.com, such as bamboo, stainless steel, etc.

59.

Search for an accessory (or two) to purchase from Forever21.com in their "Under \$5" section.

60.

Buy a cute, reusable coffee cup to sip all your future coffee with at a store like TJ Maxx or Ross.

61.

Go bumper sticker shopping! Pick one that represents who you are...or keeps people guessing.

62.

Call in a favor that will make your load lighter.

Feel Good Rewards

63.

Purchase a trash mag or favorite magazine, right off the newsstand.

64.

Rent a DVD from Redbox.

Enlightening + Inspiring Rewards

Being enlightened or inspired can be very rewarding. Take your pick from below!

65.

Take the weekend off. Like, the whole weekend. No emails, no devices, just time spent doing whatever you would like.

66.

Sit down in a quiet room to a book you have been meaning to read.

67.

Slowly create an inspirational playlist made up of specific songs that represent a specific accomplishment or milestone. Start it off by purchasing 3 \$1.29 tunes for this reward.

68.

Purchase a fun gig on [fiverr.com](https://www.fiverr.com).

69.

Create a slideshow screensaver of your favorite photos, or of inspirational photos to reward you over and over again throughout the workweek.

70.

Write in your journal. Don't have one? Start a new journal.

Enlightening + Inspiring Rewards

71.

Find a community or donation-only yoga class and attend.

72.

Make a \$5 donation to a cause that stirs your heart.

73.

Take the time to listen to a TED talk.

74.

Research your ancestors. Enjoy a boost of adrenaline when you find more information on your family's past. To get started with free and frugal genealogy resources, check out my article here.

75.

Create an "I'm Awesome" list to add some pep to your step (thanks to Courtney from Rule Breaker's Club for this idea!).

76.

Pick one DIY project from your Pinterest board that will cost less than \$5 to do (*hint*: it helps if you have most of the necessary materials).

77.

Create a bucket list.

Enlightening + Inspiring Rewards

78.

Donate \$5 to a person on the street.

79.

Start a dream fund (with one goal from your vision board).

80.

Borrow an audio book from the library and rev up your commute.

81.

Buy the kind of new bookmark that gets you excited to read.

82.

If you have a netflix account that you share with others, put one thing at the top of the queue that is just for you (you could also sign up for a free two-week trial).

83.

Pop open a cherished childhood bedtime story and read it to yourself, out loud, or have your significant other read it to you (mine is *The Monster at the End of This Book*, with lovable Grover!).

84.

Get lost in a used bookstore for the afternoon.

Enlightening + Inspiring Rewards

85.

Peruse a free digital magazine.

86.

Light incense.

87.

Mini-project time: Collect inspirational quotes and words, then use [PicMonkey](#) to create a printable sheet. Get creative with colors, word fonts, etc. Then Pin it up where you will see it every day.

88.

Give yourself the gift of completion - it will be SO rewarding to finish something on your to-do list. Seriously! Even more fun is getting to cross it off.

89.

Turn off all notifications on your smartphone (we're talking email AND social media)...for the day, for the weekend, heck, forever! (thanks to Amber McCue from NiceOps for this idea!).

90.

Light candles at your next meal to really elevate the experience.

Enlightening + Inspiring Rewards

91.

Listen to some positive affirmations podcasts to lift your mood!

92.

Find a dock, take your shoes/socks off and dangle your toes in the water.

93.

Purchase several small stalks of bamboo and arrange them on your desk or other high-use area that may not get a lot of sunshine.

94.

Actually set an alarm or stay up to witness the next great astronomical phenomenon take over our skies: moon eclipse, solar eclipse, meteor showers, shooting stars, etc.

95.

Create a responsibility-free zone for yourself for a set period of time. Some place where you don't feel like you have to do anything, your children don't need you, and you can just be.

96.

Take a photo that represents the thing you are rewarding yourself for (reaching your debt payoff goal, savings goal, weight goal, etc.). Then hang it up in a high traffic area. You'll smile each time you are reminded of what you have accomplished.

Enlightening + Inspiring Rewards

97.

Open up a savings account specifically for a trip you want to take. Name the account something sexy + specific, like Nom! Nom! Italy!, and every time you come to a point where you should reward yourself, put the \$5 into this account.

98.

Carve out some solid time with your favorite love. Turn off the phones, the television, and all other distractions. Dive into deep conversation.

99.

Declare a room or space in your home/backyard that is your own personal sanctuary. Clear it out, tell others your intention to have this space for yourself, and visit it when you want or need time for you.

100.

Be present. Seriously. In whatever you are doing, simply remember to be in the moment. Engage yourself. This is hugely rewarding.

101.

Sit down and have real conversation with a grandparent. Better yet, have them teach you something. Our grandparents are only with us for a short time and these will be moments and hours to treasure your entire life.

Enlightening + Inspiring Rewards

102.

Download a free meditation app for your phone like Smiling Mind.

103.

Rid your Facebook wall of negative commenters and posters by taking a few minutes to delete people who bring you down, (or you can hide their posts).

104.

Start a gratitude journal. Writing down what you are grateful for each day, or even once a week, will do wonders for your happiness.

105.

Change your ringtone to something that makes you joyous each time it beckons!

106.

Looking to incorporate a new habit in your life? Each time you do it – like walking daily, flossing daily, etc. – put \$1 in a jar. After 30 days, you'll have accumulated a \$30 reward + a brand new (hopefully healthy) habit.

Enlightening + Inspiring Rewards

107.

Take the time to log your activities for several days. I know, it doesn't sound very rewarding. But what you want to do is to add up all of the hours you are spending doing these three things: Must-do's, Pleasure Seeking, and Waste. Your goal is to figure out how to use less of your day doing must-do's and wasting time, and spending more of your day fitting in the things that bring you joy. This is a very rewarding activity when done properly!

108.

I've lived in several places around the world. Something I get a kick out of is looking for my old apartments and hangout places on Google Earth. So much fun, and it gives me a special, sentimental vibe afterwards.

109.

Dive into a juicy, all-engulfing mystery a la Lifetime, Oxygen, or A&E.

110.

Install a free positive affirmation app on your smart phone and get a little reward throughout the day.

Seasonal Rewards

*Some rewards are only available seasonally.
Take advantage of them while they last.*

111.

When the weather cools, light a fire in the fireplace.

112.

Park a chair in the shallow part of the ocean and let little waves ripple over your feet and calves for hours.

113.

Buy a new fishing lure and go fishing at your favorite place.

114.

Take \$5 to your local nursery and buy a new plant to freshen up your outdoor space.

115.

Spend a few hours hunting for beach glass.

116.

Buy a seasonally, great-smelling lotion or soap from Bath and Bodyworks.

117.

Lay outside and soak in some buttery sunshine.

Seasonal Rewards

118.

Pick a vase of wildflowers and display them in a prominent location.

119.

Have someone else drive you somewhere so that you can spend the time to look all around. What do you see that you typically miss when you are too busy driving and commuting?

120.

Give \$5 to the neighborhood kid to rake your yard.

121.

Skip pebbles across water during a sunset or sunrise.

122.

Meet up with a group of local bird watchers and set aside several hours one morning to join them in a hike.

123.

Gather round your outdoor chiminea or fire pit for some s'mores on a cold night.

124.

Add a cut-out/stencil to the bottom of your beach flip flops (sticky adhesive ones from a craft store) and leave imprints along the beach like a smiley face or a star.

123.

Order a free guide from the tourist board of a place you want to go to.

Seasonal Rewards

124.

Go out to a meadow or wooded area and catch and release fireflies!

125.

Lie in a hammock.

126.

Build a snowman, make a snow angel, and have a snowball fight (even if it's just with the dog).

127.

Take a car ride at night to see Christmas lights. Scope out hotspot neighborhoods, and don't forget hot chocolate in a thermos.

128.

The next summer thunderstorm that comes your way, stop everything you are doing and bask in it. Open a window to listen to the rumbling (until it rains, of course). Listen to the pelts of rain come down. Marvel at the bluish/greenish sky and how quickly it changes colors.

129.

Enjoy a few hours of geocaching. All you need is the GPS in your cell phone!

130.

Buy yourself a box of sparklers and dance around the backyard one summer night.

Seasonal Rewards

131.

If you have a pool or hot tub, make a special midnight dip. String up some Christmas lights.

132.

Take your breakfast outside in your backyard or porch. Munch away to the beautiful chirping of spring and summer birds.

133.

Have a proper jump on someone's trampoline.

134.

Are you a risk-taker, or an adrenaline junkie? Reward your courageous self by taking part in a Polar Bear Plunge. There are clubs in various parts of the US, and many let you participate as a guest for free (like the Coney Island Polar Bear Club).

135.

Buy a new Christmas ornament for your tree.

136.

The next time it snows, go outside and catch snowflakes on your tongue.

137.

Live in an area where there are natural hot springs (lucky duck!)? Hike to one, soak up the natural minerals, and enjoy the afternoon out in nature.

Seasonal Rewards

138.

If you live near a port (like the Port of Houston), see if they offer a free ship channel tour. On the Houston ship channel free tour, I once saw a dolphin!

139.

Borrow a tube (or your own) and go tubing down a river.

140.

When was the last time you actually indulged yourself by sitting in a garden? Bring a chair to your nearest flower area, sit down, and smell the heady, natural aromas.

Yummy Rewards

I love to reward myself through my tummy. Eat and drink up!

141.

Eat your ultra-deluxe, favorite candy bar.

142.

Order a Signature Drink (Frappuccino, girly drink, homemade strawberry lemonade, etc.)

143.

Lose a few moments in a warm mug of tea.

144.

Buy a craft beer you've never tried before.

145.

Pop the cork and sit down to a glass of wine this evening.

146.

Order a piece of cheesecake at a restaurant/chocolate bar/etc.

147.

Visit a store with a candy counter and buy whatever \$5 will get you.

148.

Spend \$5 at a food truck.

Yummy Rewards

149.

Grab a glass of real lemonade from any place you can find it. How refreshing!

150.

Buy a more expensive cooking ingredient you don't normally splurge on in your normal grocery budget (like almond butter).

151.

Buy a cupcake at a cupcake boutique.

152.

Stop off after work (or before) and grab a donut.

153.

Buy several of your favorite kolaches on the way home.

154.

Go through the drivethru and get some McDonald's Fries.

155.

Buy something indulgent from the bulk food bins at Whole Foods.

156.

Bring \$5 to an Asian food market and purchase an interesting ingredient to attempt to cook with.

157.

Find a free or less-than-\$5 wine tasting.

Yummy Rewards

158.

Buy two cake pops from your local bakery, coffee shop, or cupcake boutique.

159.

Go to a real bakery (bonus points if you find a Parisian one), and buy something out of the case.

160.

Buy a carton of your favorite ice-cream (mini-sized is allowed!).

161.

Order a milkshake.

162.

Order a root beer float.

163.

Go to your local Menchie's and make your own yogurt or sorbet sundae (they sell them by weight).

164.

Buy your favorite DQ Blizzard (chocolate chip cookie dough, baby).

165.

Like things spicy? Purchase a new bottle of hot sauce or seasoning to try.

Yummy Rewards

166.

Set up a hot sauce tasting with the ones in your fridge, one or two mini-bottles from the store + some chips. Lay out the spread in several small bowls or a partitioned dish.

167.

Make raw chocolate chip cookie dough (egg-less -- [here's the recipe I use](#)) and enjoy several spoonfuls.

168.

Pop some popcorn and make a [Gourmet Popcorn recipe](#).

169.

Buy a container of your favorite, extra decadent, single-serve yogurt. For me? It's Brown Cow Greek Salted Caramel. Yum!
Bonus: Shake it up and pop it in the freezer for a frozen yogurt treat.

170.

Buy a pint of Ben & Jerry's ice-cream just for you (picking one of these out is almost as fun as eating it!)

171.

Purchase a "luxury" creamer to use in your coffee (hazelnut? toffee? Irish Creme?).

Yummy Rewards

172.

Purchase mini-shots in the pre-made drink section of your liquor store (they have some really fun ones).

173.

Talk your partner into treating you to breakfast in bed.

174.

The next time you cook something, double the recipe and freeze the second one. On a night you don't feel like cooking, pop it in the oven or Crockpot, put your heels up, and watch dinner make itself (reward of time + ease).

175.

Make a batch of homemade chocolate chip cookies.

176.

Forage for a batch of honeysuckle. Enjoy each sweet drop of syrup on your tongue.

177.

Find a sushi place and ask if they have lunch specials. Ours has a \$5 lunch special that I get to go when I want to reward myself for a job well done. Superb!

178.

Tour a chocolate factory (like Hershey's, which is free) and enjoy the free samples at the end.

Yummy Rewards

179.

Go to Whole Foods, and buy yourself any gourmet chocolate bar you want.

180.

Sign up for Groupon and look out for their annual \$5 for a \$10 Starbucks gift card offer. Buy...and get twice the lattes!

181.

Give yourself a treat the next time you're around a vending machine. \$5 will take you far!

182.

Pop into your local Whole foods and pick up a treat in the prepared foods section (my favorite? Belgian chocolate mousse...mmmmm). Enjoy a few samples while you're there.

183.

Shoot for an upgrade the next time you purchase something. For example, get that whipped cream on your signature drink, splurge on the guacamole at the sandwich shop, add on the "spa" to the Pedicure you were going to get anyway.

184.

When was the last time you bought an actual coconut, cracked it open, and ate it out in the sun?

Yummy Rewards

185.

Add flavoring to your favorite drink. Like chocolate to milk, or flavored creamers to coffee, top your next hot cocoa with whipped cream, or try a torani syrup (*hint*: I have found these several times in the clearance food section at stores like Marshall's or TJ Maxx).

186.

Pick out three, almost-too-elegant-to-eat macaroons at your local bakery.

187.

Treat yourself to a big ol' funnel cake at your next fair.

188.

Go to an Asian grocery market or the Asian section in your grocery store and buy a box of Pocky sticks. They're such fun snacks!

189.

The next time you hear that familiar jingle, stand in line and order something from the ice cream truck guy. *Bonus*: Order what you used to when you were a kid.

190.

Reward yourself with a "cheat day". If you're working really hard towards a big goal, allow yourself a cheat day to do nothing towards reaching that goal. Not only will you feel a bit refreshed, but it could give you a perspective that will help you moving forward.

Yummy Rewards

191.

Hit up your local farmer's market. Talk with the vendors, stroll around the area, and spend your \$5 on something tasty.

192.

For your next meal, listen to some cool, jazzy tunes and light candles.

193.

Make some booze-pops to enjoy as a summertime treat. [Here are 13 recipes to get you started.](#)

194.

Clean out a mason jar, buy yourself a bag of your favorite mini-candies (yes, actually stop in front of the candy aisle at the grocery store) and fill the jar. Eat little rewards throughout the day.

195.

Find a bakery, order one chocolate chip cookie and have them heat it up.

196.

Head to your nearest 50s-looking diner, sit at the bar, and order a slice of any pie you'd like. Do you want milk with that? Go for it!

195.

Not into alcohol (but still love all the cute drink names and creativity)? Google "mocktail" and choose a sexy, virgin drink to make and try.

Yummy Rewards

196.

Grab a glass of wine with a buddy at your local wine bar.

197.

Stop at your local bagel shop on the way to work and reward yourself with your favorite bagel + flavored cream cheese combo.

198.

Love cooking and baking? Reward yourself with a free technique class at stores like Williams-Sonoma.

199.

Grab a beer at your local sports bar and watch an anticipated game.

200.

Stop off on your way home for a big fountain drink from your local convenience store.

201.

Treat yourself to a gourmet lollipop.

202.

Treat yourself to a smoothie.

203.

Eat your next meal using your finest silverware and pottery that you only bring out on “special” occasions.

204.

Let that person who’s offered to take you out for a bite to eat, actually do it.

Free Rewards

Free rewards can be just as wonderful + rewarding as \$5 ones. Especially for your wallet!

205.

Wear that outfit you only wear on special occasions, and strut around like a peacock! Bask in the confidence and self-love all day long.

206.

Take an extra long, hot shower.

207.

Take time for a five-minute meditation (or try a 20-minute guided meditation for free on Oprah's site, courtesy of Deepak Chopra).

208.

Soak in a bath tub.

209.

Witness a sunset from a local natural point (beach, place in the city, up on a hill...).

210.

Give yourself the gift of time: several hours of just whatever you want to do, or nothingness, quietness, etc.

211.

Give yourself permission to spend an hour on Pinterest creating vision boards, perusing, or just day dreaming.

Free Rewards

212.

Find out when your area museum's free night/afternoon is, and mark it on your calendar for a date with yourself.

213.

Arrange for someone else to pick your child up and bring them home (return the favor in the future).

214.

Star Gaze (*bonus*: on android smartphones, download free Google Skymap App...it's addictive).

215.

Download a free eBook on Amazon's Kindle (if you don't have a kindle, don't worry--just download the free app to your computer or smartphone).

216.

Let someone else do a task for you when they ask, such as the dishes or laundry.

217.

Go to Amazon.com, plug in "Free" in the Movies department, and see what Amazon Instant Video downloads pop up!

218.

Skip your next cleaning day. Just because! You can do it the next day or several days later.

219.

Log into Overdrive.com and "Borrow" a new book you'd love to read for free.

Free Rewards

220.

Carve out some extra time and drive down a road you've never been.

221.

Find a new series you'd like to dig into on [Hulu.com](https://www.hulu.com).

222.

Peruse the free section of Craigslist to see if you can score something for free.

223.

Download free MP3 songs from Amazon.com from the 'Artists to Watch' list.

224.

Take photos off of your camera and/or phone, and make yourself a movie with a song. The process and the product will keep you smiling.

225.

Look up your horoscope (and the ones of people in your life) for a good giggle.

226.

Give yourself space and permission to read the salacious and hilarious "confessions" section of a Cosmo magazine (just like you did as a teenager!).

227.

Find a local Shakespeare-in-the-Park outdoor performance (many times these are free).

Free Rewards

228.

Find some free fireworks, put it in your calendar, and enjoy the show.

229.

Set an artificial deadline for whatever it is that you will be rewarding yourself for. Make the deadline a day, a week, or even a month ahead of time...then revel in the gift of completion and free time once the project is completed. It is such a reward not only to get something done but to get it done early and have truly guilt-free time on your hands!

230.

Some cosmetic counters give free makeup sessions. Take advantage of this! You may learn a thing or two, and will leave feeling great about your looks.

231.

Turn your office, library, or living room into a belly dancing studio by taking a free lesson on Youtube. *Bonus:* invite friends over.

232.

Change your screensaver and/or desktop background to something wonderful. Search online for free ones that will blow you away.

233.

Look at your local library's website or call them up and see what free programs they offer. For example at ours, you can take a free genealogy class.

Free Rewards

234.

Treat yourself to a free online tarot card reading.

235.

Visit Freecycle.org and pick something out for yourself (it will be free, except the gas to pick it up!).

236.

Create a wishlist on Amazon.com. Digital window-shopping can be fun!

237.

Sign up for a free mini-facial at your local Origins store.

238.

Treat your feet to some self-reflexology.

239.

Allow your body to wake up naturally by sleeping in tomorrow.

240.

Set aside an hour of time (call in the troops if you need to) to do something that you never seem to have time to.

241.

Create a pantry facial mask.

242.

Take an hour and go through past photos; you will feel amazing + filled with love afterwards!

Free Rewards

243.

Turn your alarm clock off.

244.

Take a nap.

245.

Check the air in your bicycle tires, and take your bike out for an un-timed joyride.

246.

Light up a room full of candles, or just light your candlesticks at dinner tonight.

247.

Take the night off from dinner by having your partner cook for your household.

248.

Instead of running errands one Saturday, have your partner do so. The next time they need a reward, offer to take something off of their plate!

249.

Hit your major acupressure points on body parts other than your feet. These points can lead to happiness!

250.

Pop in your favorite childhood movie for a lighthearted, carefree time (mine is The Little Mermaid!).

Free Rewards

251.

Visit a pet store and spend some time with the kittens and puppies (always a reward for me!).

252.

Declare your accomplishment on Facebook and let the praise come in! You don't have to be specific if you'd rather not. Instead, you can just say something like, "I just met a big-time goal of mine! Yay me!"

253.

Indulge in what the Japanese call shinrin-yoku (translation: Forest Bathing).

Play Rewards

I think we give up too much play when we turn into adults. It's time to take your play back and feel rewarded for doing so.

254.

Crank up the radio or iPod to your favorite song and dance around the room.

255.

Buy a new DVD out of Walmart's \$5 DVD bin.

256.

Buy \$5 lottery ticket and cross your fingers.

257.

Get \$5 in quarters, and have some fun at the slot machines.

258.

Take \$5 to your local thrift store. The hunt is half the fun!

259.

Take an afternoon and hit up your local dollar movie theater.

260.

Monkey around for an hour. Draw, dance, do headstands (or at least try), etc.

261.

Take a delicious hour of uninterrupted, fantastic, video game play.

262.

Put together a puzzle or play with a rubik's cube.

Play Rewards

263.

Try your hand at sudoku.

264.

Google "free online game" and have some fun.

265.

Build a sandcastle with or without the kiddos.

266.

Record a really funny voicemail message (inspired by my aunt and uncle who came up with a rap for their message--so fun!).

267.

Play a few rounds at the local arcade.

268.

Play a round of pool at your local pool hall.

269.

Sit on your back porch and blow bubbles.

270.

Enjoy uninterrupted television time to watch your favorite sports team.

271.

Attend a high school sporting event on a Friday night.

271.

Research local haunted places and then visit them.

Play Rewards

272.

Buy 4 fun items from the \$0.99 store.

273.

Indulge in half an hour of uninterrupted play on your smartphone games (my favorites are Ruzzle and Words with Friends).

274.

Take half an hour to sign up for birthday freebies so that on your birthday you will get lots of rewards!

275.

Take a fun (FREE) class online on a subject you are highly interested in, or anything that will make you beam from ear to ear.

276.

Find belly dancing how-to on Youtube and get to it!

277.

Participate in a flash mob.

278.

Create a vision board for free on on Canva.com or PicMonkey.com.

279.

Learn some origami, like how to make this adorable jumping frog.

280.

Fly a kite.

Play Rewards

281.

Create a fun towel animal and have it wait for you after your next shower.

282.

Doodle on a piece of paper, buy a coloring book, or join your little one in some fun coloring while really being present in the activity and time together. Coloring can be so much fun as an adult!

283.

Invite your core group of friends over for a poker night. No poker chips? Use something else like pennies from your penny jar or coupons (a la the movie scene in *Mr. Mom*).

284.

Delight in a Skype hour with one of your favorite people. Don't forget a glass of wine!

285.

Spend an interrupted 20 minutes playing with your cat (*bonus*: buy one of those little laser toys for endless fun).

286.

Go to YouTube.com, and plug in "Stand Up Comedy" in the search bar. Take your pick and enjoy the belly-laugh inducing show!

287.

Go to Amazon.com, plug in "Free" in the Game Apps department and see what free Amazon games pop up!

Play Rewards

288.

Purchase a cigar for less than \$5 and enjoy it in the backyard.

289.

Buy a comic book.

290.

Pick a series to watch and get lost in it by sending away for the first season or two on Netflix.

291.

Get your karaoke on by downloading a free karaoke app on your smartphone and belting it out.

292.

Browse a flea market and see what you can find for \$5.

293.

Nail color change at many salons is just \$5 (though tip not included). Pick a color you normally wouldn't.

294.

Test drive your dream car at a car dealership.

295.

Rock out to your favorite new playlist you've made yourself on Spotify.com.

295.

Get moving with a salsa lesson via Youtube.

Play Rewards

296.

Create a hangout on Google Hangout with a group of your friends from high school or college. This can be addicting! Everyone with a camera on their laptop can see each other and you guys can catch up together.

297.

Travelling? Write a postcard to yourself, congratulating you on a great job done. Start it with something lovely like, "Hey Gorgeous!", and send it in the mail. What a mood lifter receiving that will be! Not travelling? You can go to fiverr.com and pay someone \$5 to write any message you'd like to send to you.

298.

Get the background of an image of you, or you + someone you love, removed through a fiverr.com gig (search "remove image background"). Then have a new background put into the photo, like a beach, a cruise, or any other place you'd love to be. Keep the new pic on your desk to give you a smile of inspiration. You can also use BackgroundBurner.com.

299.

Solitaire, Jenga, and so many other games can be played alone. Set aside time to do nothing but play with whatever game you have on hand.

299.

Search for fun smartphone apps on Amazon.com to download and play. You can sort from lowest to highest price (many are free or just \$0.99) -- check out the left hand sidebar here.

Play Rewards

300.

Dust off your roller blades and head on outside!

301.

Play frisbee with your dog.

302.

Grab a salacious, delicious magazine, or a fun novel, and head to the beach for several hours. Listen to the beautiful rhythm of the waves as you lose yourself in a great story.

303.

Line up your husband, a friend, or family member (grandparents would be great!) to watch your kids for several hours so that you can take the time for yourself.

304.

Invite your nieces, nephews, or friends' kids over for a sleepover! Yes, it will be work. But hearing the ripple of children's laughter throughout your home is a true reward (did I mention you get to give them back the next day?).

305.

Skinny dip wearing nothing but moonlight!

306.

Do you indulge in crossword puzzles? Go to your local coffee shop or park and take an hour for uninterrupted play.

Play Rewards

307.

Play fetch with your dog or puppy...their enthusiasm is contagious!

308.

Call your local radio station and make a request for a song you want to hear.

309.

Order a movie to watch on your television.

310.

Grab a drink at your local bar on karaoke night, and watch other people sing karaoke. It will surely make you giggle!

311.

Search your area for a local "movie in the park". These are generally free showings of an older movie on a huge screen under the stars.

312.

Find your local bingo joint and play a few rounds (you might actually win, which will be even more rewarding)!

313.

Cash in your random airline frequent flyer miles (if you don't travel often enough to accumulate much, or had to use an airline you normally don't) for magazines or other rewards of your choice.

314.

Hoola hoop (you know you want to...).

Play Rewards

315.

Kid at heart? Or need to reawaken your inner child? Go to your local toy store and find yourself something to play with.

316.

Buy a package of glow sticks and throw them in your pool for a night swim (no pool? Someone came up with the idea to throw these in the bath tub!).

317.

Do you play guitar? Buy yourself a snazzy new pic.

318.

Splurge on a stylish new pair of ear buds for your MP3 player.

319.

Find a photo booth and make goofy photos.

320.

Buy a fun “novelty” item from Spencer’s.

321.

Find another couple (or two) that you can swap babysitting with so that you can take a night off. In return give them a night off when they want one.

322.

Purchase a set of 3D glasses and watch a 3D movie.

323.

Purchase a set of dollar-store water guns and have some fun in the backyard with a group of kids.

Play Rewards

324.

See if your area zoo has a free day (Houston's zoo is free on the first Tuesday of every month, except for summer months) and play hooky.

325.

Talk your beau into giving you a scalp massage. These feel amazing!

326.

Stop off for a snow cone at your local snow cone stand.

327.

Head to the ocean and jump waves. Floating in the ocean is fun as well!

328.

Mess with paints. You'll feel more playful and vibrant just using different colors on a white background.

329.

Do you have a friend or family member who owns a horse? Perhaps your local horse barn could use a volunteer? Take a horse for a ride.

330.

Go on a walk and, literally, smell the flowers. I do this all the time.

331.

Eat your next meal with a pair of chopsticks!

Play Rewards

332.

Find an Asian grocery store in your area (or one you can drive to), and peruse the aisles. Some of these stores are set up in a way that makes you feel like you're in another country exploring, which can be quite rewarding. Pick up an item or two and try them at home.

333.

Have a cosmetology school near you (like a Remington College)? Check out their specials. On certain months you may be able to get a pedicure or a hair cut for just \$5 (I have!).

334.

Set up a beach chair along the water's edge and let small ripples crash over your feet.

335.

Bring up some well-known SNL (Saturday Night Live) clips on YouTube and be prepared to bust a gut.

336.

Belt out your favorite show tunes! The louder and more boisterous, the better.

337.

Walk around your home completely naked.

338.

Visit your old university or high school and putz around for the afternoon, remembering the good times.

Play Rewards

339.

During the next rain, put on your rain boots (or not) and splash around in puddles like you used to do as a kid.

340.

Learn a magic trick you can delight people with at your next get together (search for magic trick tutorials on YouTube).

341.

Turn your smart phone into a DIY photo projector and watch something outside, under the stars.

342.

Putz around Google Earth. How rewarding to find hidden treasures on our earth, like the time someone found an uncontacted tribe or even when someone found a person shipwrecked and had them rescued! You'd be amazed what you will find.

343.

In the middle of winter, turn up your heat so much so that you get to wear sandals and a silly Hawaiian shirt for a few hours.

344.

The next time you go to a restaurant with a sand pit/play area...join in.

345.

Go out to the middle of the woods (or just to the roof) and howl at the moon. It's such a fun release!

Play Rewards

346.

The next time you're near a casino, go crazy on the penny slots.

347.

Pull out the 'ol hacky sack (or buy a new one for a few bucks) and give yourself ten minutes of pure play.

348.

Break out the legos! It's so much fun building something tangible.

349.

Meet your significant other for an impromptu Honeymoon Lunch at home (*hint*: you may want to bring something to snack on later at your desk).

350.

Buy a temporary tattoo that speaks to you, and put it in a place only you know about it. Unless, of course, you want to share your secret...

351.

Have a metal detector, or can you borrow one? Spend an afternoon treasure hunting over battlefields, on beaches, and anywhere else you have a hunch. Who knows what you will find.

352.

Start up a Scrabble tournament with someone else (one of my favorite things!). Keep a pad of paper and pencil around so that you can keep a tally (and can pick up whenever you've got time next).

Play Rewards

353.

Buy a kids' box of cereal just for yourself...and fish out the toy!

354.

Get a map of your public transportation (metro, bus, etc.). Close your eyes, put your finger down, and take a ride to that place for the day. This is even more fun + rewarding in foreign countries!

355.

Play around with sundae building instead of just your normal ice-cream dessert during the week. Buy a jar of sprinkles, some whipped cream, and whatever else gets you as excited as a kid in a candy shop.

356.

Buy some tropical drink umbrellas and add them to your beverages.

357.

Do you play a musical instrument as a hobby? Give yourself an hour of playtime.

358.

Counting money feels rewarding. Dig out your Monopoly board game. Play a round with your family and friends, and be sure to get lots of money-counting in.

359.

Skip to your next destination (down the hallway, to your desk, away from your desk, to bed, etc.).

Play Rewards

360.

Are you curious by nature? Give yourself time to try out some of these fun science experiments. Keep your wonder alive!

361.

Break out the sidewalk chalk (you can pick some up at the Dollar Store) and create a mural on your driveway or sidewalk. Get creative! Remember, it's all about rewarding playtime.

362.

Do you have dominoes? Set up the longest, coolest trail you can think of then try to get them all to knock down in order.

363.

At your next party, buy some cheap beer (have your guests bring their own alcohol) and set up a fun drinking game you learned in college.

364.

At your next party with music, or with the help of YouTube, do a dance sequence that you either know, or need to learn. We're talking the Macarena, the Electric Slide, line dancing, Thriller, etc.

365.

The next time you see a street performer, stop to listen and enjoy the performance. Tip them \$5.

CURATED REWARD LISTS

Not all of these rewards will work for you.

Perhaps you don't find some of them rewarding, or maybe you are leading the kind of life where certain ones won't work out due to time or situational constraints.

Maybe you don't even have the time to look through all 365 of them.

To help you get an idea of rewards that may work for you, I've curated several lists. If you fit one of the descriptions, then skim the list to find rewards that might work for you.

Remember, these lists are only suggestions, and we're all individuals. Only you will know what items will feel rewarding to you and which ones don't. Don't be shy--be picky!

Can't-Spare-2-Minutes Mom

1. Pay your child \$5 to do something around the house you don't want to do.
2. Give yourself permission to bounce around on your yoga ball like a kid (*adaptation: with your kid*) for at least 5 minutes (bonus: not only does this induce giggles, but it is a mini-workout!).
3. Yoga Pants day! Give yourself permission to lounge in your favorite yoga pants all day long (bonus points if you put in a few postures as well).
4. Soothe your overwhelmed mind by experiencing Calm.com.
5. Call in a favor that will make your load lighter.
6. The next time you cook something, double the recipe and freeze the second one. On a night you don't feel like cooking, pop it in the oven or Crockpot, put your heels up, and watch dinner make itself (reward of time + ease).
7. Clean out a mason jar, buy yourself a bag of your favorite mini-candies (yes, actually stop in front of the candy aisle at the grocery store) and fill the jar. Eat little rewards throughout the day.

Can't-Spare-2-Minutes Mom

8. Arrange for someone else to pick your child up and bring them home (return the favor in the future).

9. Take a photo that represents the thing you are rewarding yourself for (reaching your debt payoff goal, savings goal, weight goal, etc.). Then hang it up in a high traffic area. You'll smile each time you are reminded of what you have accomplished.

10. Order a movie to watch on your television.

Type-A Personality

1. Turn off all notifications on your smartphone (we're talking email AND social media)...for the day, for the weekend, heck, forever! (thanks to Amber McCue from NiceOps for this idea!).
2. Do you have dominoes? Set up the longest, coolest trail you can think of then try to get them all to knock down in order.
3. Go to your local Menchie's and make your own yogurt or sorbet sundae (they sell them by weight).
4. Reward yourself with a "cheat day". If you're working really hard towards a big goal, allow yourself a cheat day to do nothing towards reaching that goal. Not only will you feel a bit refreshed, but it could give you a perspective that will help you moving forward.
5. Skip your next cleaning day. Just because! You can do it the next day or several days later.
6. Nail color change at many salons are just \$5 (though tip not included). Pick a color you normally wouldn't.
7. Mess with paints. You'll feel more playful and vibrant just using different colors on a white background.

Workaholic

1. Borrow an audio book from the library and rev up your commute.
2. Purchase a "luxury" creamer to use in your coffee (hazelnut? toffee? Irish Creme?).
3. Give yourself a treat the next time you're around a vending machine. \$5 will take you far!
4. Change your screensaver and/or desktop background to something wonderful. Search online for free ones that will blow you away.
5. Meet your significant other for an impromptu Honeymoon Lunch at home (hint: you may want to bring something to snack on later at your desk).
6. Reward yourself with a "cheat day". If you're working really hard towards a big goal, allow yourself a cheat day to do nothing towards reaching that goal. Not only will you feel a bit refreshed, but it could give you a perspective that will help you moving forward.
7. Pull out the 'ol hacky sack (or buy a new one for a few bucks) and give yourself ten minutes of pure play (especially good if you have an office with a door).

College Student

1. Hit up your local farmer's market. Talk with the vendors, stroll around the area, and spend your \$5 on something tasty.
2. Participate in a flash mob.
3. Invite your core group of friends over for a poker night. No poker chips? Use something else like pennies from your penny jar or coupons (a la the movie scene in Mr. Mom).
4. Give yourself permission to spend an hour on Pinterest creating vision boards, perusing, or just day dreaming.
5. Research local haunted places and then visit them (*adaptation: with a group of friends*).
6. Test drive your dream car at a car dealership.
7. Skinny dip wearing nothing but moonlight!
8. Buy a fun “novelty” item from Spencer’s.
9. Buy a temporary tattoo that speaks to you, and put it in a place only you know about it. Unless, of course, you want to share your secret...

Foreigner Living Abroad

1. Love to travel? Upgrade your luggage tags as a gift to yourself.
2. I've lived in several places around the world. Something I get a kick out of is looking for my old apartments and hangout places on Google Earth. So much fun, and it gives me a special, sentimental vibe afterwards.
3. Enjoy a few hours of geocaching. All you need is the GPS in your cell phone!
4. Get a map of your public transportation (metro, bus, etc.). Close your eyes, put your finger down, and take a ride to that place for the day. This is even more fun + rewarding in foreign countries!
5. Hit up your local farmer's market. Talk with the vendors, stroll around the area, and spend your \$5 on something tasty.
6. Find out when your area museum's free night/afternoon is, and mark it on your calendar for a date with yourself.
7. Take photos off of your camera and/or phone, and make yourself a movie with a song. The process and the product will keep you smiling.

CREATIVE WAYS TO USE THESE REWARDS

1. *Create "Open When" Envelopes:* Take 5 envelopes, and write on the outside "Open When _____ goal is met." Inside each envelope, write a reward from the list above on a piece of paper. Surprise yourself by mixing up rewards and not looking when you put them in an envelope, or choose specific rewards for specific goals.

2. *Create a Mason Jar Full of Treats:* Write down on little pieces of paper the rewards that speak to you. Fold each, then put them into your reward jar. Each time you do something, accomplish something, or need a pick-me-up, pick something from this jar and follow the prompt!

3. *Work Up to a Reward:* From Jane Savers at SolvingtheMoneyPuzzle.com, "I have rows of sea glass on a dresser and a glass jar next to it. For every \$500 in debt I pay down I put a piece of the glass in the jar. Every time I put 5 pieces in the jar I get a small treat." Of course, choose a "treat" from the list above.