

SELF

YOU AT YOUR BEST



2009 SELF Challenge



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

Download a tune that gets you up and moving.



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.

Indulge yourself first!

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 sneakers.



Pick up a cheerful bouquet.

GOT A FAVORITE REWARD?

Share your before-and-after at Self.com.



Relax in a bath (with bubbles!).

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