

Mary Ellen Garde Coaching

Sensory Love List / Rewards:

List some things you love with each of your senses. When you get to taste, try to think of things you love to taste that aren't food and/or some healthy choices that leave you feeling warm, sated and nurtured rather than full and sluggish. Think outside the box! I have had clients who came up with some really interesting and inventive ideas! Feel free to share your rewards list with me... I love hearing from you!

I love the sound of:

I love the sight of:

I love the smell of:

I love the feel of:

I love the taste of:

Your Favorite Brain Candy:

In addition to your senses you have a unique personal taste for certain types of information and activities. Fill in the blanks below for more ingredients to use in cooking up rewards. I ask you for three - feel free to write as many as you want!

Three things I love to learn about:

Three things that make me laugh:

Three hobbies or diversions I enjoy:

Feel free to extend this list... this is just to get you started!

From here start to think about ways you can reward yourself... some examples... if you love the feel of a warm bubble bath but rarely take the time to bask in your unused tub... that could be a reward for spending some time cleaning out a dreaded closet. I like to buy music on i-tunes that makes exercising more fun, while another client loved sitting with her dog and cats and just petting them. The rewards don't have to be things you buy or eat... again, think outside the box- what really feeds your spirit? A walk, a nap, a phone call with a friend you rarely get to chat with?