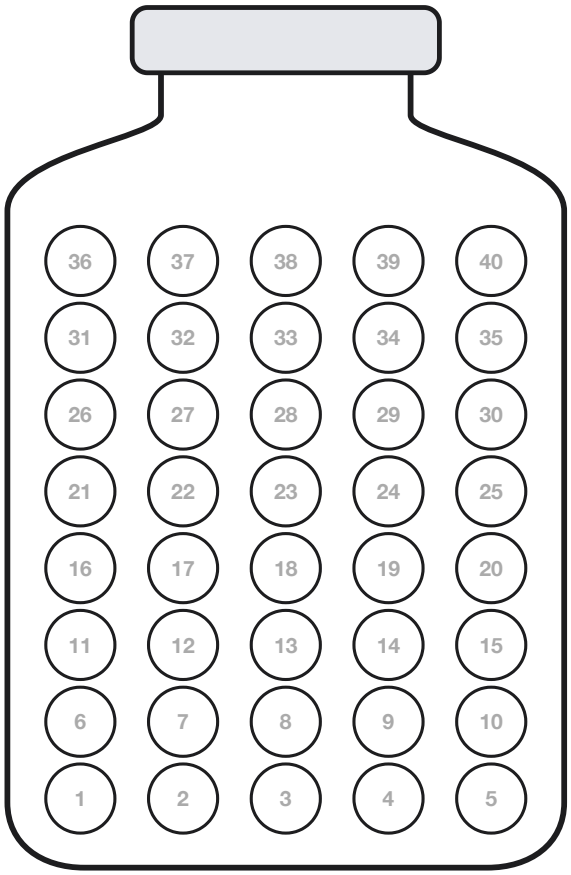
Reward Jar for Adults

Two jars, one page. Fill the jar toward one big reward, one marble per habit done. Or cut out the slips, fold them into a jar, and draw one each time you finish your habit.

Fill the jar



Set it up

My reward when the jar is full:

One marble for:

Two marbles for (the harder habit):

Target: _____ marbles (2 to 4 weeks' worth)

Started: _____ Full on: _____

- Colour one marble each time you do the habit, the same day.
- Stop at your target: cross out the marbles you don't need.
- Never un-colour a marble. A bad week fills it more slowly; it never empties.
- Lucky-dip slips: no draw without the habit, and take out the slips that make you sigh.

✂ Lucky-dip slips: cut along the dashed lines, fold, and drop them in a jar. The gold one is the jackpot.

A guilt-free episode of your show	**30 minutes of your game**	**A long bath or shower with no phone**	**A nap**
A walk somewhere you like, with a podcast	**Call a friend you've been meaning to call**	**An hour of a hobby, no strings attached**	**Go to bed early with a book**
Skip one chore tonight	**A lie-in tomorrow**	**A fancy coffee**	**Your favourite snack**
JACKPOT: the evening is yours, no chores	your own	your own	your own