

# Self-Consequating

To get started on using self-consequating, make two lists: one of rewards and one of punishments. These should be reasonable, attainable, and they should really mean something to you. You can refer to this list (and add or delete items) when you are setting your goals.

| <b>Rewards</b><br><i>Things I really like to do.</i> | <b>Punishments</b><br><i>Something I will not allow myself to do.</i> |
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