Everyday Reward Menu

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person wants alternatives for marking progress.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Identify affordable, accessible enjoyable activities that fit a person's recovery choices.

3. What reward is sustainable and personally meaningful?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.