



Reward Yourself for Writing

Photo by Annie Spratt on Unsplash

Reward for finishing your
daily 15-minutes

Reward for taking a day (or two)
off

Reward for keeping your 15-
minutes a day, 5 days a week
commitment for 2 weeks

Reward for keeping your 15-
minutes a day, 5 days a week
commitment for 4 weeks

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