

Tiny Habits® | Celebrations!

- Say, "Yes!" while you do a fist pump
- Drum a happy beat on a wall or desk
- Imagine your mom giving you a big hug
- Do a subtle head nod
- Pretend you just nailed a half-court shot
- Visualize fireworks going off for you
- Smile big
- Do a double thumbs-up
- Draw a happy face and feel it
- Hum a few seconds of a peppy song
- Think of your favorite teacher saying, "You did a great job!"
- Raise your arms and say, "Victory!"
- Think of your best friend being happy for you
- Briefly massage your own shoulders or neck
- Think, Yes, I am succeeding with change
- Imagine opening a beautiful thank-you gift
- Say, "That's what I'm talking about!"
- Do the floss dance
- Throw imaginary confetti
- Say, "I nailed it!"
- Clench your fists and say "Yes!"
- Smile at yourself in the mirror
- Pump your fists and say, "Awesome!"
- Hear a roaring crowd
- Say, "Way to go!"
- Put your palms together in gratitude
- Say, "Got this one," and snap your fingers
- Put your hands on your hips and puff out your chest
- Say this to yourself, "Yes, I'm good at creating habits."
- Strut around the room in a proud and playful way
- Say or think, "Good job!"
- Tap your fist on your heart three times
- Imagine a teacher giving you a trophy
- Think of your child smiling at you
- Do alternating fist pumps
- Do a celebration dance
- Think, Yes I got this!
- Imagine the taste of chocolate
- Look at something that is bright yellow
- Rub your hands together in glee
- Imagine your father saying, "Wow, that was excellent!"
- Fist bump yourself and explode both fists
- Give yourself a high five
- Hear trumpets in your head
- Say, "It's a good thing," in your best Martha Stewart voice
- Snap your fingers
- Imagine getting the news that you got a new job
- Say, "You got this!"
- Lift your chin and smile toward the horizon
- Imagine an audience applauding
- Say, "Nice," and nod your head

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- Pause, breathe deeply, and appreciate your success
- Raise your hands and say, "Yay! Yay! Yay!"
- Do a repeated thumbs-up
- Say, "I love it!"
- Sing, "Celebrate good times, come on!"
- Give yourself a compliment: "I'm so good at . . ."
- Whistle a happy song
- Breathe out and say, "Yes!"
- Brush your shoulders off with pride
- Clap for yourself briefly
- Imagine getting a big hug from someone you love
- Say, "Yesssss!"
- Think, Nicely done!
- Strike a power pose
- Imagine your own facial expression when greeting a loved one
- Jump up and down with your hands in the air
- Pose like a muscle man
- Inhale and think of energy entering you
- Do "spirit fingers" for a few seconds
- Say, "Goal/Touchdown!!" and raise your arms like a referee
- Smell some flowers (which you keep nearby of course)
- Imagine being on your favorite beach
- Bow gracefully
- Give a high five to your child
- Imagine the sound of a slot machine jackpot
- Look in a mirror and say, "I'm so proud of you!"
- Pound your chest
- Chant this while getting your groove on: "S-U-C-C-E-S-S That's the way I spell success!"
- Sing, "Hey now, you're a rock star."
- Think about the good feeling you get when you are with your dog
- Pose like Usain Bolt does after he wins a sprint
- Give a high five to yourself
- Imagine a smiling feeling inside
- Do the Kung Fu Kids pose
- Smile big and say, "Woot! Woot!"
- Give yourself a pat on the back
- Snap your fingers multiple times
- Stretch your arms wide and imagine yourself embracing change
- Whisper: "Thank you, Lord."
- Blow kisses like a movie star
- Do a quick dance spin
- Say, "Right on!"
- Imagine you have a dog's tail and wag it with joy
- Flash a peace sign and say (or think), "Victory!"
- Do a fist bump and bow
- High-five your reflection in the bathroom mirror
- Imagine a sparkling aura around you
- Laugh out loud
- Channel Fred Flintstone and say, "Yabba dabba doo!"

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