

100 Ways to Celebrate and Feel Shine

1. Say, "Yes!", while you do a fist pump.
2. Drum a happy beat on a wall or desk
3. Imagine your mom giving you a big hug
4. Do a subtle head nod
5. Pretend you just nailed a half court shot
6. Visualize fireworks going off for you
7. Smile big
8. Do a double thumbs-up
9. Draw a happy face and feel it
10. Hum a few seconds of a peppy song
11. Think of your favorite teacher saying, "You did a great job!"
12. Raise your arms and say, "Victory!"
13. Think of your best friend being happy for you
14. Briefly massage your own shoulders or neck
15. Think, Yes, I am succeeding with change.
16. Imagine opening a beautiful thank-you gift
17. Say, "That's what I'm talking about!"
18. Do the floss dance
19. Throw imaginary confetti
20. Say, "I nailed it!"
21. Clench your fists and say, "Yes!"
22. Smile at yourself in the mirror
23. Pump your fists and say, "Awesome!"
24. Hear a roaring crowd
25. Say, "Way to go!"
26. Put your palms together in gratitude
27. Say, "Got this one," and snap your fingers
28. Put your hands on your hips and puff out your chest
29. Say this to yourself: "Yes, I'm good at creating habits"
30. Strut around the room in a proud and playful way
31. Say or think, "Good job!"
32. Tap your fist on your heart three times
33. Imagine a teacher handing you a trophy
34. Think of your child smiling at you
35. Do alternating fist pumps
36. Do a celebration fist pumps
37. Think, Yes, I got this!
38. Imagine the taste of chocolate
39. Look at something that is bright yellow
40. Rub your hands together in glee
41. Imagine your father saying, "Wow. That was excellent!"
42. Fist-bump yourself and explode both fists
43. Give yourself a high five
44. Hear trumpets in your head
45. Say, "It's a good thing" in your best Martha Stewart voice
46. Snap your fingers
47. Imagine getting the news that you got a new job
48. Say, "You got this!"
49. Lift your chin and smile toward the horizon
50. Imagine an audience applauding
51. Say, "Nice!" and nod your head
52. Pause, breathe deeply, and appreciate your success
53. Raise your hands and say, "Yay! Yay! Yay!"
54. Do repeated thumbs-up
55. Say, "I love it!"
56. Sng, "Celebrate good times, come on!"
57. Give yourself a compliment: "I'm so good at..."
58. Whistle a happy song
59. Breathe out and say, "Yes!"
60. Brush your shoulders off with pride
61. Clap for yourself briefly
62. Imagine getting a big hug from someone you love
63. Say. "Yessss!"
64. Think, Nicely done!
65. Strike a power pose
66. Imagine your own facial expression when greeting a loved one
67. Jump up and down with your hands in the air
68. Pose like a muscleman
69. Inhale and think of energy entering you
70. Do "spirit fingers" for a few seconds
71. Say, "Touchdown!" and raise your arms like a referee
72. Smell some flowers (which you keep nearby, of course)
73. Imagine being on your favorite beach
74. Bow gracefully
75. Give a high five to your child
76. Imagine the sound of a slot machine jackpot
77. Look in a mirror and say, "I'm so proud of you!"
78. Pound your chest
79. Chant this while getting your groove on: "S-U-C-C-E-S-S! That's the way I spell success!"
80. Sing, "Hey now, you're a rock star."
81. Think about the good feeling you get when you are with your dog
82. Pose like Usain Bolt does after he wins a sprint
83. Give a high five to yourself
84. Imagine a smiling feeling inside
85. Do the Kung Fu Kids pose
86. Smile big and say, "Woot! Woot!"
87. Give yourself a pat on the back
88. Snap your fingers multiple times
89. Stretch your arms wide and imagine yourself embracing change
90. Whisper, "Thank you, Lord."
91. Blow kisses like a movie star
92. Do a quick dance spin
93. Say, "Right on!"
94. Imagine you have a dog's tail and wag it with joy
95. Flash a peace sign and say (or think), "Victory!"
96. Do a fist bump and bow
97. High-five your reflection in the bathroom mirror
98. Imagine a sparkling aura around you
99. Laugh out loud
100. Channel Fred Flinestone and say, "Yabba dabba doo!"

100 Ways to Celebrate - "Tiny Habits" by Dr. BJ Fogg

For more information visit: TinyHabits.com

