

102 CELEBRATIONS FOR TINY HABITS®

1. Fist pump
2. Say "yippee!"
3. Clap your hands
4. Sing "I am the champion"
5. Pat yourself on the back
6. Smile and feel satisfied
7. Stamp feet
8. Say "whoohoo!"
9. Do a wink and smile
10. Smile at yourself in mirror
11. Say "yes"
12. Say "yes I did it!"
13. Say "way to go!"
14. Think "that was awesome"
15. Say "I rock"
16. Do a jig
17. Give myself a high-five
18. Feel an inner glow
19. Adopt a victory posture
20. Head nod
21. A thumbs up
22. Feel gratitude
23. Feel appreciation
24. Say "right on!"
25. Make a check-mark in air
26. Finger snap
27. Say "yay!"
28. Pat myself on my back
29. Hear trumpets in my head
30. Say "well done"
31. Say "good job"
32. Sing "Celebrate good times"
33. Both arms up and think victory!
34. Say a chant and clap - This is the way, aha, aha! I like it, aha, aha!
35. Shout "Come on!"
36. Big smile
37. Say "well done"
38. Rotate hips & say whoohoo
39. Make superhero noises
40. Jump up and down
41. Do a little shuffle
42. Smirk
43. Think "that is awesome"
44. Victory sign
45. Applaud
46. Do a victory dance
47. Say "bingo"
48. Say "yay me!"
49. Think "nicely done"
50. Think "nailed it!"
51. Hear roaring crowds
52. Laugh out loud
53. Feel happy
54. Move your face to be happy
55. Fist pump + awesome
56. Say "I'm on my way!"
57. Click heels together
58. Spin around
59. Clench fists and say "yes"
60. Kung Fu Kid pose
61. Do the Ickey Shuffle
62. Do cheers to yourself
63. Say "go me"
64. Snap your fingers
65. Do the hula
66. Say "whoop whoop"
67. Say "shazam!"
68. Head up, look to the sky and make a V with arms
69. Rub hands together
70. Whistle a song
71. Breath out and say "yes"
72. Sing "Simply the best"
73. Do power poses
74. "Got this one" finger snap
75. Take a bow
76. Throw something in air
77. Think of a pleasing moment
78. Twist on one foot
79. Spin around
80. Shout "strike"
81. End zone dance
82. Raise both arms - "score!"
83. Blow a kiss to yourself
84. Wiggle your whole body
85. Hum a song
86. Jump up and click heels
87. Hip thrust + "yes"
88. Cartwheels
89. Short tap dance
90. Hug yourself
91. Take a thumbs up selfie
92. Sprinkler dance
93. Tap fist to heart 3 times
94. Hi-five nearest person
95. Howl
96. Jump from one foot to other
97. Do the twist
98. Imagine seeing fireworks
99. Raise the roof
100. Smile and have a positive thought
101. Jump up & down with hands up
102. Sing "hey now, you're a rock star"