

# Celebrate your SHINE!

Research shows that the easiest way to lock in new habits, is to provide an immediate reward (yes, even to yourself!)

When you feel the “Shine” of successfully implementing your new skill, here are some ideas for Celebrations. Try some out, or create your own!

*(For the purposes of the course, I have included Celebrations that are not outwardly obvious to observers [i.e. your husband]. For other habits, when you're alone [or away from other adults], feel free to express your celebration with more outward enthusiasm!)*

1. Imagine your friend giving you a big hug
2. Do a subtle head nod
3. Visualize fireworks going off for you
4. Smile big
5. Think of your favorite teacher saying “Great job!”
6. Briefly massage your own shoulders or neck
7. Think, “Yes! I am accomplishing my mission!”
8. Imagine opening a gift from your husband
9. Hear a roaring crowd
10. Think “Good job!”
11. Tap your fingers on your waist or thigh
12. Imagine the taste of chocolate
13. Hear trumpets in your head
14. Snap your fingers lightly
15. Pause, breathe deeply, and appreciate your success
16. Do a thumbs-up (out of sight)
17. Imagine your own facial expression when greeting a loved one
18. Inhale and think of energy entering you
19. Imagine the sound of a slot machine jackpot
20. Imagine a sparkling aura around you