

**Celebrating when you follow through on your plan makes it more likely you will stick with your new habits and meet your goals.**

## Why celebrate?

- Think of celebrating as a small way to say "I'm awesome!" Experiencing a positive emotion after doing a new habit can help it to stick. This small celebration can be a quick cheer, listening to your favorite song, a high five, or something that makes you feel good.
- Acknowledging the work you are putting in will make it easier to stick with your plan and get the results you want.
- Aim to celebrate small habits (like each time you eat a vegetable or exercise) as well as a bigger celebration after meeting longer-term goals.

## How to celebrate?

- Plan a small action you can do each time you do your habit and then a bigger celebration when you meet a long-term goal so you have something fun to look forward to. Note: Avoid food rewards.
- Plan ahead. Planning your rewards ahead of time can make it more fun to stick with your plan and it can be exciting to have something fun to look forward to.

## Developing any new habit takes practice

- Don't expect to hit your goal 100% of the time.
- Look for progress. Maybe you used to eat no fruits or veggies but now you eat 2 servings (but aren't quite to your goal of 4 servings). That is still progress!
- Think of practicing habits like practicing a new sport or lifting weights. It takes time! The more you do it (and celebrate yourself) the easier it will become.



**THE W.E.L.L. CLINIC**

by Children's Primary Care Medical Group