



What will I do to celebrate my success?

List 10 small actions that help you feel awesome!

example: listen to my favorite upbeat song _____

jump up and raise my arms and cheer _____

do a dance _____

List 5 bigger activities for when you meet a longer term goal. When celebrating a family goal, be sure to include everyone in deciding how to celebrate.

go to a trampoline park or splash pad _____
