

Celebrate Your Success

Celebrating your success can help you stay motivated. It's important to mark the ways our lives have changed for the better, especially when reaching a goal. Here are some healthy ways to celebrate. Write your own ideas in the column that says "Other Ways to Celebrate." Check off each idea you try.

Ways to Celebrate	Other Ways to Celebrate
<input type="checkbox"/> Start a success journal.	
<input type="checkbox"/> Give yourself a small, non-food reward for reaching each goal.	
<input type="checkbox"/> Make a graph of your progress over time (weight, steps per day, clothing size, minutes of exercise, pounds lifted, biometric values).	
<input type="checkbox"/> Share your success story.	
<input type="checkbox"/> Thank friends, family, and coworkers who support you.	
<input type="checkbox"/> Write a letter of gratitude to yourself for all your hard work.	
<input type="checkbox"/> Blog about your success.	
<input type="checkbox"/> Support someone else - mentoring someone with similar goals feels good and can be a great way to celebrate your success.	