

# Potty Pointers

## Reward Your Success!

Congratulations on starting your journey toward a better quality of life. Have you lost a few pounds? Started exercising? Reduced debt? Increased retirement savings? Good for you! Give yourself a pat on the back. Celebrating helps you stay motivated.



### Follow these action steps to reward your success:

- **Identify progress points to celebrate along the way.** If your goal is to build an emergency savings fund of \$5,000, you might decide to celebrate at every \$1,000 mark. If you're working toward a healthy weight, celebrate every 5 pounds on your way down the scale.
- **Track your behavior.** Written records show when you hit your progress points and it's time to celebrate.
- **Plan rewards and celebrate.** Give yourself permission to feel good about reaching your milestones. Take time to do something you enjoy like watching a favorite movie, going out with friends, or having a special family dinner.



You're doing great at working toward your health and wealth goals. Way to go!

### Learn more strategies for success with Small Steps to Health and Wealth.

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