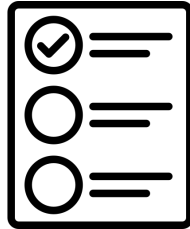


Your Savoring Toolbox



Victory Lap!

Run a literal, physical 'victory lap' after you complete your nudge.



Tick It Off!

Tick your nudge off on your To Do (or 'Tah-Dah') List.



'Bingo!'

Declare your win by saying 'Bingo!' after completing your nudge.



Fist Pump

Let your body know it's awesome with a celebratory fist pump.



Smile & Feel Satisfied

Smile and feel satisfied knowing you did something that matters to you.



Pat On The Back

Don't underestimate the power of a pat on the back as a savoring tool.



Do A Little Dance

Dancing always feels good – celebrate your wins by busting a move or two.



'Huzzah!'

Get your winning grin on by declaring 'Huzzah' after your chosen action.