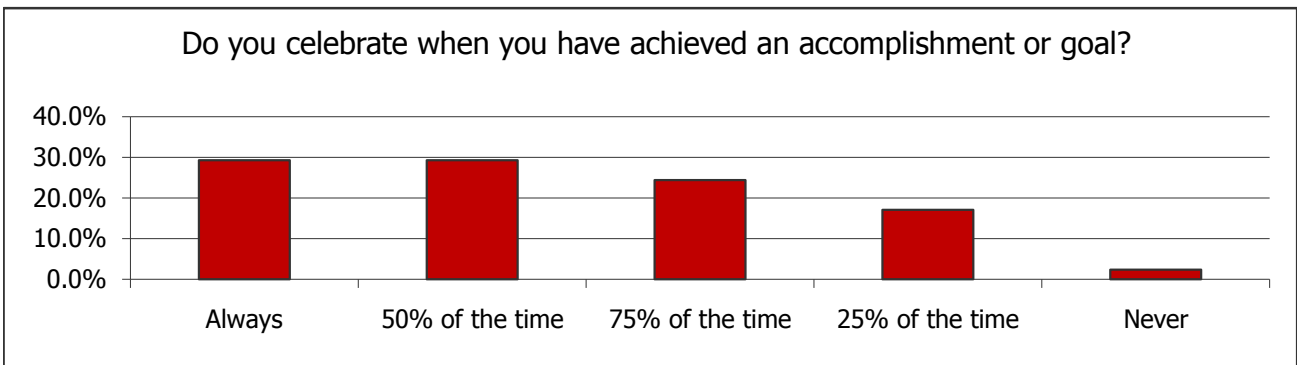


Celebrations

1) Do you celebrate when you have achieved an accomplishment or goal?

Answer Options	Response Percent	Response Count
Always	29.3%	12
50% of the time	29.3%	12
75% of the time	24.4%	10
25% of the time	17.1%	7
Never	2.4%	1
Please explain how you celebrate:		35
<i>answered question</i>		41
<i>skipped question</i>		0



Comment Summary - Below is a list of summarized comments provided by participants who celebrate accomplishing their goals. Please note - in some cases, participants provided more than one answer.

Category	# of Replies
1) Celebrate with food and spirits	20
2) Share accomplishment / goal with family and friends	13
3) Gift to self	9
4) Inner Reflection	4
5) Spiritual gratitude	2
6) Depends upon the accomplishment	1

Celebrations

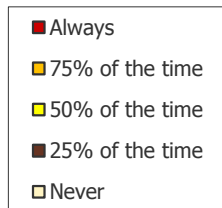
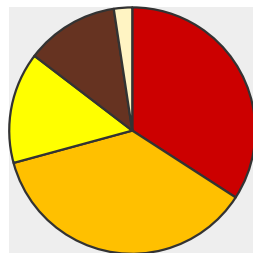
2) Do you help others celebrate their achievements and goals?

Answer Options	Response Percent	Response Count
75% of the time	36.6%	15
Always	34.1%	14
50% of the time	14.6%	6
25% of the time	12.2%	5
Never	2.4%	1
Please explain how you help others celebrate:		35

answered question **41**

skipped question **0**

Do you help others celebrate their achievements and goals?



Comment Summary - Below is a list of summarized comments provided by participants who help others celebrate their achievements and goals. Please note - in some cases, participants provided more than one comment.

Category	# of Replies
1) Provide recognition through gestures and congratulations (emails, cards, "pats on the back", etc.)	24
2) Celebrate with food and spirits	10
3) Purchased gifts	9
4) Share an activity other than food and spirits with others	7
5) Allow the other person to choose the celebration	2

Celebrations

3) How do you applaud short term successes along the way?

Answer Options	Response Count
	38
<i>answered question</i>	38
<i>skipped question</i>	3

Comment Summary - Below is a list of summarized comments provided by participants who applaud short term successes along the way. Please note - in some cases, participants provided more than one comment.

Category	# of Replies
3) Small gestures of acknowledgement	26
1) Take a spiritual approach in applauding short term successes	4
4) Do not celebrate much	3
5) Celebrate with food and spirits	3
6) Purchased gifts	3
2) Share success with others	2

Celebrations

4) What are your thoughts on the value of celebrating successes in life?

Answer Options	Response Count
	39
<i>answered question</i>	39
<i>skipped question</i>	2

Comment Summary - Participant thoughts on the value of celebrating successes in life.

Category	# of Replies
1) Provides encouragement, support, and motivation in future endeavors	11
2) Small gestures of acknowledgement	7
3) Celebration provides a sense of pride, accomplishment and well being	6
4) Provides appreciation and gratitude for the accomplishment	5
5) Successes shared with family and friends	4
6) Celebration aids in self reflection	3
7) The accomplishment itself is most important	1
8) Take a spiritual approach to celebrate successes in life	1
9) Celebrations need to take place more often	1

Celebrations

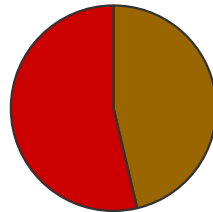
5) Do you and your family or co-workers have rituals that have been created to recognize accomplishments?

Answer Options	Response Percent	Response Count
No	53.7%	22
Yes	46.3%	19
If yes, please describe.		22

answered question **41**

skipped question **0**

Do you and your family or co-workers have rituals that have been created to recognize accomplishments?



Comment Summary - Below is a list of summarized comments provided by participants who have rituals that have been created to recognize accomplishments. Responses are based upon those who responded "yes" to this question

Category	# of Replies
1) Celebrate with food and spirits	9
2) Gestures of congratulations	5
3) Rituals for specific events (birthdays, graduations, promotions, anniversary, etc.)	5
4) Provide purchased gift or money as part of ritual	4

Celebrations

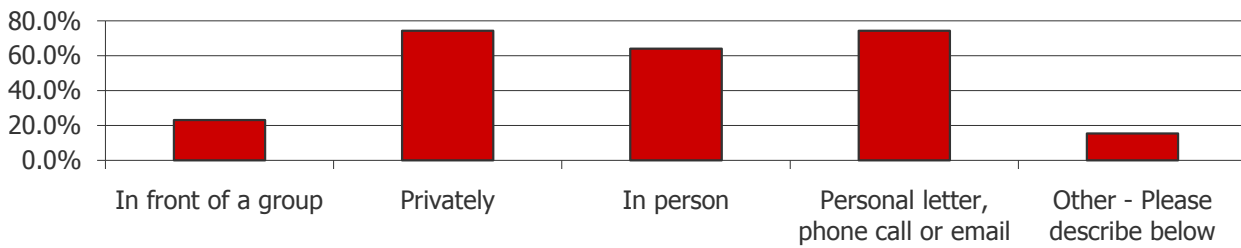
6) How do you like to be recognized? (Check all that apply)

Answer Options	Response Percent	Response Count
Personal letter, phone call or email	74.4%	29
Privately	74.4%	29
In person	64.1%	25
In front of a group	23.1%	9
Other - Please describe below	15.4%	6
Comments		14

answered question **39**

skipped question **2**

How do you like to be recognized? (Check all that apply)



Celebrations

7) We welcome any additional thoughts you may have on celebrations and recognitions.

Answer Options	Response Count
	21
<i>answered question</i>	21
<i>skipped question</i>	20

Comment Summary

1	Just a thank you is wonderful and makes you feel good inside. Then, you always try to do a good job because you know you are appreciated.
2	Have fun and be creative when you celebrate and/or recognize.
3	I believe we have to make up our minds to be happy. If we are happy we have succeeded. Don't waste your time on people that bring you down. Life is too short.
4	It shouldn't always be the squeaky wheel that gets recognized. People who do what needs to be done when they see it are the ones that should be recognized. I believe you should celebrate life. Be curious about the world around you & explore it.
5	It is also nice to know that my accomplishment could be a model for others. For example, if I raise a certain amount for my fundraising event, I don't need a pat on the back - it would be more rewarding to know that I inspired someone else to achieve their goals.
6	In my opinion, recognition is extremely important whether in work, charitable work or in a home environment.
7	Wonderful way to build self confidence.
8	This is a great survey- makes me think that I want to go out tonight and celebrate. Today is TGIF and that means no work tomorrow and Sunday- wow, I am celebrating!!
9	It has come to my realization from this survey that depending on the individual, celebrations can be a positive influence to one lacking in confidence or a negative influence which, with the wrong person, could create an uncomfortable situation depending upon the event.
10	I'll have to do more thinking/personal inquiry on this. It is a good topic.
11	Based on my experiences and observations of my son, this seems to be extremely important and worthwhile for children. At his previous tutoring center, they always had a "celebration" when a student reached a certain goal. Everyone would stop their work
12	Everyone likes to be recognized for their accomplishment and their are so many ways to do that. It doesn't have to be anything outlandish. It is the thought that you know and recognized my successes.
13	If I had employees I would certainly recognize achievements. It goes a long way towards job satisfaction and a feeling of fulfillment.
14	Recognition goes a long way in motivating people and helping them do their best...
15	Find the way that makes the person feel good about what they have accomplished. It's all about making those you come in contact with feel good about themselves. Celebrate Life....
16	I believe that celebrations and recognitions are extremely important. Unfortunately, there is so much sadness in the world today that I believe we need to emphasize the good things that serve to make life seem worthwhile. Especially with my grandkids.
17	Celebrating and recognizing the accomplishments or others and self adds laughter, fun, sugar, spice and "charm" to one's life. Everyone I know loves to be appreciated and applauded. Such positive feedback seems to propel one to continue working toward bigger things.
18	I think everyone likes to be recognized for accomplishments they do. Many student's of mine will show me their report cards and I always find some way to congratulate their success, whether it is from a B to an A or a D to a C, they worked hard to achieve their grades.
19	With so much negativity in the world, I feel it's very important to say 'job well done' for accomplishments. It's nice to be rewarded for dedication, hard work, and determination.
20	When you think of positive things, it will bring positive things to your life.