

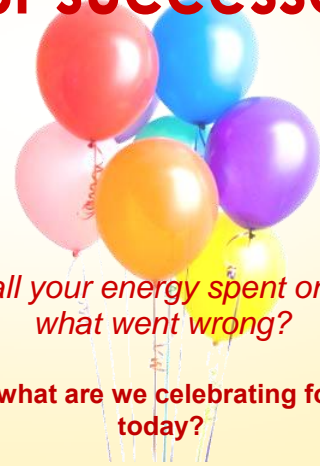
Pondering Point

With the hustle and bustle of everyday life, it is easy to let our positive accomplishments blow right on by. We can become so wrapped up in planning the next step that we don't pause to celebrate how we got to where we are. Taking time out of every day to rejoice in our "small victories" is a great way of building a positive culture within ourselves.

Whenever we reinforce a self perception, we bring that perception closer to being our reality. If we don't force ourselves to stop and celebrate once in a while, we may be convincing ourselves that our accomplishments are no big deal. Well they are! Learning to pat ourselves on the back for a job well done can boost our confidence, lighten our mood, and push us to greater achievements... and the positive effects of that are felt by everyone!

Remember taking that step back to reflect puts a spring in our step forward!

Do you CELEBRATE your successes?



Or is all your energy spent on fixing what went wrong?

So... what are we celebrating for you today?

Imagine... the fun in knowing that there is something you can celebrate every day!

— From Pondering to Practice —

Self Reflection Assessment

We do a lot in a day, don't we? It can be difficult to remember what we have to celebrate when we move so quickly from one thing to the next.

Keeping a daily reminder of the accomplishments you make, however small they may seem (like making it to the gym today despite waking up later than usual), will help put your day into perspective and show you things that you can celebrate about yourself.

Try This: The Daily Win Journal

Recognize 3 good successes that happened today that you may have had a hand in creating. Remember there will be small ones mixed in with the larger ones. They are **wins** none-the-less! Write these down in a notebook that you can keep private. Add to it daily. Where it makes sense, plan to duplicate these wonderful accomplishments the next day! Though it may seem difficult to think of daily wins at first, over time, filling the journal in will be easier and you will start to FEEL the wins as they happen within your day!

Go ahead, celebrate it!

Activity

The best way to really feel our accomplishments is to say them – or write them – out loud. Inviting others to share in your successes brings your inner celebration outside your body, allowing it to fill the room. This will help the accomplishment feel more tangible.

Try This: Celebration Board

Create a dry erase board with the words, "Celebrating my accomplishments!" written on it in permanent ink. Be sure to leave a large space under those words to fill with your accomplishments and the accomplishments of others around you). Make sure to not only toot your own horn for what you have done, thank those who helped you get there as well. At the bottom of the board write something encouraging for the next week like, "Imagine... what you will celebrate next week!" Remember to put this board out in public somewhere like an open office space, a kitchen, or even on the blackboard of your classroom!

"Celebrate what you want to see more of."

~ Thomas J. Peters