

## ACTIVITY: Celebrate Your Successes!

In our busy work environment, our focus tends to be more on issues and the next milestone and we may not allow ourselves the time to reflect on the many things we've achieved so far. This can lead to fatigue, burnout, and the feeling that what we're doing doesn't matter.

Reminder: what you're doing **really does matter!**

Celebrating successes bolsters our resiliency. Pausing to reflect allows us the space to enjoy the success we've had so far, providing endorphins to reinforce satisfaction in our work. This act of savoring has been clinically proven to provide prolonged happiness benefits.

When we reflect on how our abilities helped achieve an outcome, we see how we are making a difference in the bigger picture. And when we take notice of our past successes we strengthen our confidence in our future successes.

### Try This!

1. Take a few minutes to write your successes on a blank sheet of paper. Make large projects or accomplishments bigger than smaller ones. Draw a circle around each success.
2. Take a pause to savor the success you've achieved for at least one minute. Feel free to add more if they come to you.
3. In a different color, write down how your *abilities* contributed to each of the successes. Circle each and draw a line from your contribution to the success.
4. Once again, take a few minutes to reflect on how your efforts contributed to your accomplishments.
5. Post this somewhere you will see it - feel free to add to it as you continue your success!

<https://www.inc.com/bill-carmody/3-reasons-celebrating-your-many-accomplishments-is-critical-to-your-success.html>

<https://www.theladders.com/career-advice/happiest-people-savoring>

<http://www.skillset.co.nz/component/content/article?id=198:celebrate-success-the-right-way-to-become-more-resilient>