

CELEBRATE SUCCESS!

Why Celebrate Success?

Celebrating success is an important ritual that often doesn't get enough attention. It should be a key aspect of reflection for all of us and part of our personal toolkit. Celebration is a form of learning – reflecting on what we have done, what we have accomplished, and the actions and activities that supported the achievement of success provides a basis for what may work in the future and propels us forward.

In Western culture we seem to have a personal negativity bias and our 'go to' is what we are not good at, and what we haven't done or accomplished, and we neglect to appreciate what has worked well, and where we have achieved success. Unfortunately the negativity bias can pervade our mindset which influences our behaviours. It's too easy for most of us to focus on our faults and failures. To mitigate the bias requires a purposeful focus on our accomplishments to bring them to top of mind.

Take the time regularly, daily, weekly, monthly, annually, to reflect and appreciate your progress – however big or small – personally and professionally. In our busy lives we tend to jump to the next thing and can feel we are not achieving anything and we do not take any time to enjoy. We are not suggesting avoiding a review of what didn't work so well to learn how to prevent it in the future – these insights too will be a great help - it just shouldn't be the only focus or the first point of reflection. Start with the positive.

Make celebrating success a 'good' habit and engage in often.

Your Accomplishments

What are three things – however big or small - you have accomplished in the last 12 months? What did you do to celebrate these accomplishments?

It's so important to take this time to reflect on personal (and professional) accomplishments.

- Where are you having impact for you?
- How did you use or are you using your strengths?
- What did you achieve? And what allowed you to do that?
- What relationships did you strengthen?
- Did you forge any new relationships?
- Did you limit exposure to or cast off negative relationships?
- What challenges did you overcome?

Learning from Success

- Learn from success as well as failure.
- Recognise your individual strengths and talents.
- Celebrate small wins and efforts that enabled you to progress.
- Continue to use what worked – and do more of it.
- Reflection encourages you to build from strength to strength.
- Build your confidence on what works.

You decide

- what to keep doing .
- what to strengthen.
- what to modify.
- what to stop doing.

Use these insights – really knowing what you are great at and how to use that to pursue and achieve, helps YOU become a better YOU!

"Your success will be determined by your own confidence and fortitude."

Michelle Obama