

## Celebrating Achievements

One of the key components of goal setting and achievement is "celebrating", and yet it also just happens to be one of the things often forget to do oneself about one's own achievements.

Therefore, I thought this might be a nice topic to explore together. And yes, I'll be asking you to celebrate you achievement at the end of it.

### Coaching Exercises

1. In your opinion, what are the benefits of celebrating your achievements?
2. How about celebrating the achievements of others with them?
3. What do you think may be being put to risk if the celebration doesn't occur? In other words, what's the downside?
4. What are the "obstacles" that get in the way of celebrating? For example, thinking the achievement wasn't big enough to warrant a celebration, thinking it's too self-indulgent or showy, or maybe just simply forgetting to do it?
5. For all the obstacles you came up with in question four, now come up with at least two opposing and positive viewpoints and/or solutions for each.
6. Celebrating doesn't have to mean throwing a party. It could be simply giving yourself 30 minutes of personal time out of a busy schedule, and being specific that this time is your reward/celebration for achieving what you set out to. So, brainstorm a list of celebration options, from the simple and no cost to the slightly or hugely more elaborate. You don't need to focus on what's an appropriate celebration for the achievement, just brainstorm celebration options on their own.
7. As a result of these questions, what are you committing to?
8. As a result of this total exercise now being completed by you (the achievement), how will you celebrate what you've just accomplished?