



## Worksheet #6: Acknowledging & Celebrating

- 1) **A great way to practice the skill of celebrating...is to practice celebrating yourself.** I have a daily practice of acknowledging all of my celebrations at the end of every day. I don't just "think" about them. I find it important to write my celebrations down. My rule is that I must find at least 3 things from the day to celebrate (note: this is different than Gratitude. Celebrating is about celebrating YOURSELF).

Each evening for the next week, write down at least 3 things from the day that you would like to celebrate. They can be big or small, inner or outer. Anything that you are proud of and would like to Acknowledge. Notice how your feelings about yourself and your activities shift the more you do this.

- 2) **One of the best ways to Celebrate Clients is to take Time (out of session) to name the Celebrations you see for them.**

For each of your clients, make a list of AT LEAST 5 inner or outer accomplishments or forward movements that they have had over the last 12 months.

You can integrate these celebrations into your next session or write them a separate "New Year's" email where you share with them what you really want to acknowledge about their last year.

- 3) **Another great way to practice the skill of celebrating is to acknowledge and celebrate those around you** – your team members, your family members, your friends, the checkout person at the supermarket.

Make a commitment to reflect a celebration to someone you interact with every day. Notice how your feelings about yourself and others - and your outlook on life – shifts as you do this.

- 4) **Journaling Work:** Complete the following sentences by writing them down and then continuing to write quickly without stopping for at least 2 full minutes (preferable 3-4). Write as fast as you can, don't stop to think or use correct spelling or grammar....just write.

--I deserve to be seen because....

--When I focus on my strengths, I....

--When everyone is celebrated and celebrates each other...