

Celebrate Your Wins

List some of the wins that you have had recently:







Grab your journal or notebook and have a go at answering the prompts below.

Considering the wins that you have listed above:

- How did you make each one happen? What part did you and others play?
- What strengths and personal qualities of yours do you see from the actions you have taken to achieve these wins?
- How have these wins benefited you and other people?

What achievement is most meaningful to you this year and why? How does it make you feel?

Who has supported you this year? How have they supported you? What could you do to thank them?

What prevents you from celebrating your wins? Think about any limiting beliefs you may hold as well as any practicalities that tend to get in your way. What could you do to address these barriers?

How could you identify and acknowledge your wins on a more regular basis (i.e. daily, weekly and/or monthly)?

In what ways could you share your wins with individuals in your support network?

List some activities that you could do to reward yourself.

If you haven't already, what could you do to celebrate or reward yourself for the things you have achieved this year? Commit to doing something ASAP and schedule it in your diary!

Make your own reward chart for the goals that you are taking forward into the year ahead. You can use the template below or whatever system works for you.

Goal: _____

Key actions & milestones	Deadline (if applicable)	Reward (for completion of action/ milestone)