

THE ART OF WHY

PLAN TO CELEBRATE

List the “Monuments” you want to celebrate.

* These are the goals you’ve achieved from working the steps 1-8 in *“The Art of Why”*

1. Keep a daily journal of all your smaller wins. This will encourage you to keep following your WHY. Eventually, the little achievements will build into a much larger one!
2. Incorporate others in your celebration! Make a list of the people in your life who helped you accomplish your goals. This could be a simple thank you note or an invitation to something larger. Find a way to best celebrate them in a manner they will appreciate.
3. Make a Gratitude List to stay positive. Take time each day to list out all the things of which you are grateful. Staying consistent and make sure you are celebrating your milestones, no matter how big or small.
4. Create a time or event to celebrate your achievements. Make a date out of it and go to your favorite restaurant, go to the movies, plan a picnic at the park, go outdoors, etc. Celebrate in a way that encourages you to continue moving forward.
5. Display your success! Whether it is a trophy case or a token reminder on your desk, find a way to give yourself a daily reminder that your goals are attainable.
