

Motivation's Celebration!

One of the biggest keys to staying motivated is seeing results. Your external results fuel your internal motivation. When we see results, it is important to stop and truly acknowledge our progress. It is important for us to celebrate.

Think about your rekindled goal. You have identified the first step you will take as you recommit to that goal. What will some of the milestones be along the way? How can you celebrate them?

Identify at least three points of progress along the way where you will celebrate as you continue towards your goal. What kind of result will tell you that you are making progress? How will you celebrate your continued motivation and the progress it creates?

Progress Point #1: I will first celebrate when I _____

I will celebrate by _____

Progress Point #2: I will celebrate next when I _____

I will celebrate by _____

Progress Point #3: I will celebrate next when I _____

I will celebrate by _____

Remember to pause and acknowledge each success you have and to celebrate! It will keep your motivation high!