



## **Applaud Your Success**

Why do I rely so much on others giving me credit for what I accomplish instead of giving myself credit? There are times when I get so much done that by the end of the day I amaze myself. When that happens, I think, does anyone even notice all that I do? With this in mind I decided to keep track of my successes and acknowledge myself!

Do you keep “to do lists” and check off the things you finish? Do you “multi-task” all day long? Do you “juggle” your schedule between work and family and create personal time? These three examples are reasons to applaud yourself!

On the many days I eat healthy I frequently forget to acknowledge myself for making great choices. Instead, at those times I eat a rich dessert (although I know better) or decide not to exercise (because I’m not in the mood), I berate myself for not being more conscientious! There’s something inherently unfair about focusing on what I didn’t do rather than giving myself credit for what I accomplish especially when I know I consistently eat healthy and exercise regularly!

I bet you can think of lots of examples in your life when you forgot to focus on your successes and dwelled on your shortcomings instead. Do you applaud those times when you remember to send a card, buy a gift, or acknowledge someone? Do you give yourself credit when you plan and execute a terrific dinner party even if you forget to serve one dish you inadvertently left in the refrigerator? Do you congratulate yourself when you stay on schedule and keep your commitments?

We all deserve to be recognized for the many things we do, the tasks we accomplish, and the contributions we make. The challenge is that everyone is so busy doing what they need to do that many of these examples of what we do go unnoticed. We know the feeling of pride in fulfilling our responsibilities successfully. We also know the impact others have on us when they perform in a way that results in a positive impact. As you begin the process of applauding your successes and not wait for others to do that for you, I also suggest you take the time to applaud other’s successes. Remind others they deserve to be acknowledged and appreciated. Encourage them to give themselves credit for their positive decisions and accomplishments. After all, everyone of us benefits from focusing on our successes.

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Personally Speaking  
*“My view on life as I live it”*  
Bonnie Ross-Parker  
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