



ACTIVITY: Celebrate Your Success!

Purpose

- Celebrating Success Bolsters Our Resiliency
 - Pausing to reflect allows us the space to enjoy the successes we've had so far
 - Feelings of accomplishment provide endorphins which reinforce satisfaction in our workplace
 - Savoring is clinically proven to provide prolonged happiness benefits
 - Reminder: what you're doing **really does matter!**
 - Success creates more success in the future
 - When we take notice of our past successes we strengthen our confidence in our future successes
 - When we celebrate as a team, we create positive bonds around our combined success
 - When we reflect on how we personally helped achieve an outcome, we see where we are in the bigger picture

ESTIMATED TIME

15 minutes

MATERIALS

Required:

- A. whiteboard or flipchart
- B. dry erase markers (at least 2 colors)

Optional:

- A. camera

Background

In our busy work environment, our focus tends to be more on issues and the next milestone. We may not give ourselves the time to reflect on the many things we've achieved so far. This can lead to fatigue, burnout, and the feeling that what we're doing doesn't matter. When we take the time to look at what we've already achieved, this helps us take pride in our work by building a sense of accomplishment.

Activity

1. As a team, write/draw your team's successes on a whiteboard or flipchart for approximately 5 minutes. Make large projects or accomplishments bigger than smaller ones. Draw a circle around each success.
2. Step back and take at least one minute to savor the successes you've achieved. Feel free to add more if they come to you.
3. In a different color marker, have each person write down how their personal and team's *abilities* contributed to the successes on the board. Circle each and draw a line from their contribution to the success.
4. Once again, take at least one minute to reflect on how personal and team efforts contributed to your accomplishments
Optional: Take a picture – it will last longer! Share it with your team members.
5. If you have time remaining, invite team members to share stories about their success

Discussion Questions

- How do you feel now that you see how you were a part of the team's successes?
- Is there anything you see on the board that you didn't realize before?
- How do you personally like to be appreciated for accomplishments?
Examples: thank you card, team lunch, candy, an email appreciating specific efforts
- As a team, what ideas do you have to celebrate success in the future?

Let's Try This!

If your team has a more remote environment, ask them via email what their weekly successes and contributions have been and create a team board to email everyone.

Follow-up

- Work with your manager and team to implement or reinforce success savoring in your team.
- Search for the **My Favorites List** in Saba – this handout can help you/your manager celebrate individual accomplishments.

<https://www.inc.com/bill-carmody/3-reasons-celebrating-your-many-accomplishments-is-critical-to-your-success.html>
<https://www.theladders.com/career-advice/happiest-people-savoring>
<http://www.skillset.co.nz/component/content/article?id=198:celebrate-success-the-right-way-to-become-more-resilient>