



Breakthrough Coaching Newsletter

Celebrating Success!
May 2006

Dear Subscriber

Welcome to the June issue of the Breakthrough Newsletter. How are you?

As I write, we've had 5 consecutive days of sunshine here on the Kent coast and it feels like we're in a different country. I hope you're experiencing something similar wherever you are!

This issue is semi-World Cup inspired, in that everytime I catch the start of a match when the players walk on I can't help marvelling at how proud each of those men (and anybody else that does anything like this) must be to represent their country and give it their all. Footballers, it seems, have celebrating success down to a fine art, but what about the rest of us? When was the last time you gave yourself a big pat on that back? Well, read on because you're about to!

Thanks to all that commented on the May newsletter. The Cause and Effect topic seemed resonate with lots of you! It's always great to hear your thoughts.

Happy Reading,

Lisa Ravenscroft - The Breakthrough Coach

in this issue

- Quote of the month...
- Celebrating Success
- Try this... Celebrate YOUR Success!

Celebrating Success



Before you continue reading, will you do something for me? Just reach your hand over your shoulder and give yourself a pat on the back! What's that for? For all the things you've done this week that you haven't yet given yourself credit for!

Have you ever noticed how terrible we can be at acknowledging what we have achieved? When congratulated on a success, we might hear ourselves say "oh it was nothing". On reaching a goal, we might skip the celebration because there is something else to strive for now. When reviewing a half completed 'to do' list, we'll bemoan what we didn't do, rather than focus on what we did do.

Is this because we're modest to the extreme, or do we simply not recognise just how much we do day to day, month to month, year to year?

My guess would be that it's the latter. We either don't recognise just how much we do, or we don't see how *important* every step we've taken is. We don't see our progress as an achievement.

As the frequently quoted saying goes "a journey of a thousand miles starts with a single step". So if every step is progress, then in my book every step is an achievement. What if we were to give ourselves more credit for everything we achieve?

Ticking things off a 'to do' list might not seem as celebration- worthy as representing your country in the World Cup, but if it takes you closer to your own personal success then it's a point scored in your own game! So take that moment to acknowledge your progress. When you reach a milestone, give yourself a reward. And when you achieve what you were aiming for, **seriously celebrate your success!**

The energy gain from this change in perspective can be massive! I'm certainly more productive when operating from a mindset of 'look how much closer I am to my goal and how much I've achieved!' than if I were beating myself up about what I had left to do. I'm sure you will be too.

Try this... Celebrate YOUR Success!

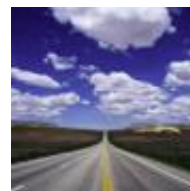
What could you do to pat yourself on the back more often? Here are a few ideas that many of my clients use:

Keep a Success Journal - try it for a week and see how good you feel! Each time you do something well, write it down. Each time you complete a task you've been putting off, write it down. Each time you feel even one small step closer to your big goal, write it down! I met a well known motivational speaker that does this every single day and having kept his success journals over the years, he now has a bookshelf full. Imagine what he does on a bad day - cheers himself up pretty quickly I'd imagine!

Reward Yourself - what better pat on the back than giving yourself something you enjoy as a reward! When something goes well, when you achieve what you wanted to, when



Quote of the month...



"Success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be."

Zig Ziglar

So if success is 'the doing', the journey, how far along your journey did you travel this month? However far you got, look back and give yourself credit for it. You may have more energy for the road ahead if you do.

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you reach a milestone on your way to something bigger... celebrate your success with a treat. It could be a nice meal, a night out, a small gift to yourself or the bliss of a day / half a day doing something you absolutely love. What will it be?

Tell somebody - let them share it with you! When something goes well, don't keep quiet, shout it from the rooftops and enjoy the recognition.

Many of my clients find simple strategies to recognise their daily achievements and spur themselves on to greater success! If you could use some help with finding your way forward, do give me a call on 01303 891671. I always offer a free no obligation consultation so you can get a feel for whether you'll get what you're looking for from coaching.

[Read more about Breakthrough Coaching here....](#)

email: info@breakthroughcoaching.co.uk
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