

Coach's Corner

by Sharon Pahlka, kidney patient and life coach



Appreciating your accomplishments

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Don't become a "to-do list" drudge. This is what happens when you go from one project to the next...to-do...to-do...to-do, without stopping to appreciate your accomplishments.

I have a client, Kate, who was struggling with her diet until she established a routine of writing down one thing she did right each evening. Somehow this made her appreciate herself—that she is lovable, worthy, and capable. It helped set her up for success in accomplishing her goals. Remembering her success helped strengthen her resolve to move forward when she felt weak and wanted to cave in to undesirable behaviors or habits. Think of the power of one person appreciating something you have done. Give yourself a break by appreciating what you have accomplished.

A friend just asked me what I was writing about. She said that it reminded her of God creating the earth. (Now, there's a to-do list!) and then looking at what He had made and seeing that it was good. If God can take a moment to appreciate His accomplishments, then why not you?

Coaching Question: Do you take time to appreciate your accomplishments? How often?

Coaching Tip: Give yourself a break: put giving yourself credit for all you do on your to-do list. Also, shorten your to-do list to two or three things you can accomplish. That way, you can focus on what you can do, not on what you still have to do.

Homework: During this week, take a few moments each day to write down in a journal, calendar or somewhere one thing you did the day before that was done well, right, or made you proud. This could be as small and easy as a smile, or as in Kate's case, she didn't eat sugar for the day. If you are feeling more energetic, take the time to write a long list of your accomplishments in one day or even one year. You may be pleasantly surprised and feel less pressure from the never-ending to-do list.

Quote: "Too many people overvalue what they are not and undervalue what they are."
—Malcolm Forbes

Sharon is a life coach specializing in helping those with chronic health challenges live well and meaningfully. She spent 19 years on dialysis, and for the last 13 years has had a kidney transplant. To learn more and read other Coach's Corner articles, visit her Web site: <http://www.lifeisagift.com>.