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Coach's Corner: Appreciate 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 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 successes 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. It buoys you and spurs you on to more. Give yourself a break by appreciating what you have accomplished.

Here are some thoughts on appreciating yourself:

- Don't compare yourself to others. Focus on your unique attributes and just be the best you that you can be. That's enough.
- Give yourself rewards for accomplishing your goals.
- Try new things even when you are afraid of failing. New experiences help us grow and discover, and we often learn more from failing than from succeeding.
- When you do fail at something, don't beat yourself up. Just pick yourself up and try again.
- Think about and acknowledge things you do well and take pride in your accomplishments.
- Remember that who you are as a person and your integrity matter more than your accomplishments.

A friend just asked me what I was writing about. She said 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 us?

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

Coaching Tip: Put "Give myself credit for all I do" as an item on your to-do list. Keep one master to-do list of all the things you need to do eventually so you can remember them. Then focus your daily to-do list on no more than three things you can accomplish, so you can focus on what you did do, not on what you still have to do.

Homework: During this next week, write down one thing you did the day before that was done well. 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 one year. You may be pleasantly surprised and feel less pressure from that never-ending to-do list.

Quotes:

“Too many people overvalue what they are not and undervalue what they are.”

– Malcolm Forbes

“There is more hunger for love and appreciation in this world than for bread.”

– Mother Teresa

Sharon Pahlka is a life coach and speaker. In her coaching, she helps her clients live well and meaningfully, especially those with chronic health challenges. Sharon’s column, Coach’s Corner, offers helpful tips from her work.

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