
Let's Celebrate!

**Bonus Lesson: Celebrate Your Way to More
Happiness and Success**



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*"The more you praise and celebrate your life, the more in life there is to celebrate."
-Oprah Winfrey*

Are You Celebrating?

Celebration is a vital key to our happiness and future success. Yet, for ambitious, goal-oriented, creative people (that's you!) it's something that is often glossed over or skipped altogether as you quickly move onto the next shiny object.

I speak from experience. I used to be the queen of coming up with a long list of goals, working my ass off to achieve them, and then barely acknowledging what I had accomplished before I was onto the next thing.

While this might, in the moment, feel like the most efficient way to achieve success, it causes us to get stuck on the hamster wheel of life. We feel like we're running in place, going nowhere, and we aren't happy when we get "there."

What was once a lofty goal becomes the new status quo, we adjust, get used to the new normal, and are constantly in search of more.

CELEBRATE - IT'S GOOD FOR YOU!

How many of you have had the experience of working so hard for something, wanting something so badly and when it finally comes around you aren't even happy or enjoying it?

Taking the time to stop and smell the roses and celebrate our wins is essential. Celebrating can literally transform our outlook on life and our ability to more deeply enjoy what we already have.

Studies show that gratitude and celebration can give us higher levels of alertness, enthusiasm, determination, optimism, and energy.

Celebration can cause us to experience less stress, we're more likely to help others, and we progress towards our goals more consistently. And, it causes us to be more creative, bounce back more quickly from adversity, have a stronger immune system, and stronger social relationships.

REWIRE YOUR BRAIN FOR SUCCESS

If you still aren't convinced, celebrating can actually rewire our brain to get addicted to achieving wins and to progress. .

Celebrating can also rewire our brains to think more positively and to look for more positive aspects and opportunities in life.

This is ultra important because our brains have a negativity bias, or proclivity to pay attention to negative events three times more than positive ones.

We're naturally wired to scan for negative events. Blame it on our hunter-gatherer days. It's a self-protection, survival thing. While a negativity bias is a great way to avoid being attacked by a tiger, it's not the best way to see new opportunities that present themselves, or to feel good about things.

That's where celebration comes in. Our brains have the ability to structurally change.

Sounds a little X-Men-ish, but it's the magic of brain plasticity, and we can harness this knowledge and use it for our benefit.

As Shawn Achor says in *The Happiness Advantage*, "We can retrain the brain to scan for the good things in life—to help us see more possibility, to feel more energy, and to succeed at higher levels."

Celebration is one of the ways we can retrain our brain to scan for all the good things in life, to help us see more possibilities, to feel more energy and succeed at higher levels.

Celebrating can also get us hooked on progress. Progress sounds like a much healthier addiction than drugs, but celebrating actually activates the same part

of our brain that gets us hooked on substances. So, celebrating small wins can get us addicted or motivated to continue progressing towards our larger goals.

SO, WHAT SHOULD WE CELEBRATE?

When we think about wins we often think about the big milestones: graduating college, getting a new job, getting married, etc..These are the wins we're most likely to celebrate. While these are all super important, they are rare and far between.

There are a ton of small wins along the way that get us to our big win, and celebrating these can boost our happiness and success tremendously.

As Greg McKeown says in his book *Essentialism*, "when we celebrate small and simple wins we can use that momentum to work toward the next win and the next one and so on until we have a significant breakthrough, and when we do our progress will have become so frictionless and effortless that the breakthrough will seem like an overnight success."

LET'S CELEBRATE ALREADY!

To start, set a timer for 5-10 minutes.

Jot down everything you've accomplished in the last week, month, or 6 months. You decide your celebration time-frame.

Write down every win big and small!

Don't just think about your career and work, but also your relationships, health, fitness, and any obstacles you've overcome.

When you write down a big win, see if you can list some of the smaller wins that lead up to it.

WHAT ARE YOUR WINS? WHAT ARE YOU CELEBRATING?

List your wins below!

HOW DO WE CELEBRATE?

Are you surprised at how many things to celebrate there are on your list?

Did anything big jump out at you?

How many of your wins did you in fact celebrate? If it's none or only a few, you're not alone!

When we celebrate a win, we want to do it in a way that is on purpose, so that we're getting all of the good stuff from celebrating.

We can celebrate in many ways as long as it's meaningful. This can be anything from getting a mani-pedi, taking an hour to read your favorite book or treating yourself with a celebratory vacation. But, we want the way we are celebrating to match what we are celebrating. So, if you're celebrating a week of going to the gym, pick something that matches the effort you put in. You can't trick yourself here.

THE CELEBRATION TECHNIQUE

This is the tool that changes it all.

The Celebration Tool triggers our subconscious. You can use this tool anytime you celebrate a win.

These are the questions we want to reflect on when we celebrate a win, big or small, so that we are celebrating on purpose and reaping the positive benefits of celebration.

You can write your answers or discuss it with someone close to you. There is power in sharing your answers out-loud.

This is the Key to Success portion of The Celebration Technique. Pick one thing to celebrate from the list you just wrote. Answer the questions on the following page to celebrate.

THE CELEBRATION TOOL

Ask yourself these questions anytime you celebrate!

- *What am I celebrating?*
- *Why is that worth celebrating?*
- *Why was this an important goal to achieve (an important thing to do)?*
- *How does this make me feel?*
- *What did I do to achieve this goal?*
- *Who have I become (or become more of) in the process?*

LET'S GET THIS PARTY STARTED!

You should be feeling full of some powerful juju right now.

I think that's the best time to make new goals. The energy we put into a goal is what we get out of it - I'm a big believer in this!

When we make a goal out of obligation, how likely are we to follow through with it?

When we make goals from a place of fear or stress they tend to play out that way.

When we make goals from a place of feeling positive and motivated this is the energy that creates goal setting magic.

So, let's make some powerful goals, shall we?

WHAT ARE YOU COMMITTED TO?

Need a little help with setting goals?

Think about your career and work. Think about health and fitness goals, your education, self-improvement, your relationships, social life, fun-time, and self-care.

The more specific you can get, the better. For example: I will carve out an hour of time for reading a week is better than I will read more. I will have a quality date with my partner once a week is more specific than I'll spend more time with my partner.

Write out THREE specific new goals.

Don't forget to celebrate when you achieve these goals!!

IT'S SO HARD TO SAY GOODBYE!

Thanks for letting me be a part of celebrating YOU. I hope you'll continue to use this tool every time you have a win, big or small.

Happy celebrating!

Wishing you *your* version of success!



xo, Kim

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