

50 Ways of Yay!!

From tiny to huge, to free to it'll cost ya, to calorie free to you better be ready to work it off baby! 50 ways to celebrate your successes.

- Send yourself flowers
- Send yourself a plant.
- Spend time at the nursery and buy yourself a plant in honor of your accomplishment.
- Spend a quiet day at the library exploring a book section you never go into - Since I'm writing children's stories right now, I tend to spend all my time in the children's section. I have to remind myself that there's a whole new world beyond the little shelves.
- Play with the kids
- Play with your pets.
- Play with your spouse
- Book a spa date you wouldn't normally give yourself.
- Go to dinner at a special place.
- Clean - I don't know about you, but when I'm in the throws of a big writing project, some things go to the wayside, and , yes, our home may become a little topsy-turvy. A few hours of straightening, cleaning and setting things back to 'brilliance' is actually a great psychological boost!
- Leave town. Venture across the city to another spot, out from your usual norm. You don't even have to spend a dime there. Grab your journal and soak in the new atmosphere.
- Put down a deposit in your "I can" can. What if you rewarded yourself with 50 cents for every thing you accomplished off your to-do list, daily. I'm not a math whiz, but a daily 'do' list of 5 items would be \$2.50 a day. Multiply that times 52 weeks in a year, and you have \$650 bucks!
- Give a gift (energy, time or money) - If what you've accomplished has impacted other people, then this may be the time to show them how much you appreciate them. Our spouses, kids and pets give up a lot so that you can do something you love.
- Donate (time or money) - Donate your time - The biggest impact we can have on the world is donating our time. Would this be a great way to commemorate a goal well done?
- Buy yourself something on 'rich' people buy. Different for everyone. For some, splurging on a ritzy, flavored coffee...others, buying a a piece of jewelry.
- Buy a new book on a topic you've 'always wanted to read' or a genre you don't usually read.
- Explore your city - Maybe there's a cute little store, coffee shop or cafe you've not taken the time to visit. In pretty weather, it may be a park you can visit and take a little walking or book break.

- Consume, rather than create. Most people spend more time creating. Give yourself a treat of consuming something someone else has create. Maybe it's a little class, or webinar or a short booklet to read on a subject you want to learn about. Maybe it's just a fun little short film or TEDx talk on a topic you don't usually watch.
- Get a sitter. Go do SOMETHING - I'm not talking about a date night, although if you haven't done that in a while, you should. But, get the sitter and go do something by yourself. You deserve it.
- Be grateful. Write, speak, make a collage, but do something somehow to record all of the people and circumstances that helped you along your way during the process. Maybe Nancy let you bounce off ideas, you had a mentoring group that gave you good insight, and someone recommended a great outsource that helped bring about the final project. Make some type of record to record the occasion.
- Give yourself a raise. If your finances are organized enough that you're taking an official salary, give yourself a raise. Your boss would give you a raise, wouldn't he/she? Well, you're the boss now. =) Act like it.
- Eat Ice cream - One of the biggest treats I used to get as a child was Daddy taking me for ice cream after a good report card.
- Eat a decadent, expensive piece of chocolate - it's chocolate. Do I really need to explain this one?
- Buy a piece of cake at a bakery. One of those 5 layer, a mile high. And eat it with joyful abandon.
- Host a 'sale' in honor of your accomplishment. If you run a business that sells 'something', then shout to the world you've reached a milestone and offer a sale in honor!
- Frame it - if the accomplishment is something you can print and frame, then do so. If you published a book, then print off the cover and frame it. If you received some type of award, print off or frame the certificate.
- Read something absolutely unnecessary. If you read a lot for research, your eyes may already be about to fall out. But, isn't there 'something' you've been wanting to read that you don't usually take time for?
- Have your celebration tune - Choose some inspiring piece of music. When your task is done, que up the music and dance in your chair. Bonus points if you stand up and dance.
- Make a change - maybe a new hairdo, a new wardrobe, a new computer? A particularly meaningful or a major life milestone may mark you're now a different person.
- Have a party - Like, with REAL people. It can be at your home or meet someplace. But, gather your friends and celebrate your success.

- Upgrade something. - I marked publishing my 10th self-published book. That called for going through my drawer of pens (I had A LOT OF PENS) and getting rid of all the cheap, free, picked up from the tire store pens. I now have my "real" pens. I feel so important!
- Do nothing. Like, stop. Just give yourself some do-nothing time. It does wonders for your soul.
- Dress up. As a freelancer, I make myself 'get ready for work' some days.
- Dress down - can we say jammie day all day!
- Buy yourself a piece of jewelry
- Buy yourself a journal - I'm a journal junkie, any opportunity I can use to get a new journal I'll use it.
- Purge and declutter. After working on a project and getting it finished, sometimes my desk needs a good cleaning. I can purge all the notes I don't need, file them if I need them, and give the desk a cleaning. But, I've also been known to celebrate by organizing cabinets in the kitchen. There's something rewarding about order and clean.
- Freshen up the wallpaper on your computer - Find an image that resonates to you as "a job well done!"
- Get a massage - if you've been working on something that's had you wound up tighter than a rubber band, you probably have some tight muscles that need a good rub.
- Change the sheets - I love sleeping on a fresh set of sheets. After a productive day, I'm known to change the sheets for a relaxing night.
- Speaking of sleep - take a nap
- Do something crazy - this one is all up to your interpretation.
- Treat yourself to lunch out. Back to food again.
- Treat yourself do breakfast out. More food. I can't help it. I do like to celebrate with food.
- Spend 15 minutes of deep, mindful meditation. Quieting the soul is a huge reward after accomplishing a task.
- Give yourself a break - take the next day off. Work, but don't press in so hard to the list.
- Go for a walk. Bonus points if you take a camera or your phone and snap some pictures.
- Send a note of appreciation to someone who played a part in helping you to succeed.
- If it was part of your master set of goals for the year, be sure to mark it off your list!
- Share a social media post about your success. Remember, you do have folks who care about you and what you do. They do want to hear about your successes and wins!



www.KimSteadman/JoinNACWE
National Association of Christian Women Entrepreneurs
Your home where we are colleagues, friends, supporters,
achievers, and, most of all, we live by God's Grace.