

# Snippets of Wisdom Newsletter – by Sandi Givens

October 2016

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## Celebrated!

That's right – how long has it been since you celebrated?

I don't mean go-out-on-the-town-and-spend-a-fortune celebration ...

I mean even a simple pause in your day when you gave yourself a pat on the back.

In our now time-poor, rat-race kind of lives, it seems we've lost the art of celebration. We've come to equate 'celebrating' with an event, a specific 'thing' that involves money and time (preferably several hours).

***Yet, it's the often the easy, simple and 'small' (in terms of time spent) celebrations that can create the strongest impact. More importantly, it's these moments in time that sustain us, re-energise us and equip us with the ability to move forward in a more positive and focused way.***

The late and much-respected Stephen Covey said this about the true value Quality Time:

*"Spending time doing things that are 'Important' builds our capacity to handle the things that are 'Urgent' that come up in our lives."* (from his book, First Things First).

In my book, **Celebrating is Important, Crises are Urgent** – so if I want to be as equipped as possible to be able to deal with the crises ... I'll celebrate every chance I get!

In this same book, Stephen also said: *"We get a temporary high from solving urgent and important crises. Then when the importance isn't there, the urgency fix is so powerful we are drawn to do anything urgent, just to stay in motion. People expect us to be busy, overworked. It's become a status symbol in our society—if we're busy, we're important; if we're not busy, we're almost embarrassed to admit it. Busyness is where we get our security. It's validating, popular, and pleasing. It's also a good excuse for not dealing with the first things in our lives."*

So, if you are ready to celebrate, here are 5 quick celebration ideas to kick start your momentum!

1. Take a lunch break! That's right – remember them? It's a solid amount of time (preferably at least 45 minutes) where you down tools, leave the office and ... well, just enjoy you and life in general. Maybe there's a park nearby your place of work you've wanted to explore – or a museum, new shop or even quirky looking café. Make the time to take some time out and celebrate whatever comes to mind that you're happy about and/or grateful for.
2. Start a Victory Journal. On a regular basis (at least once a week), jot down (bullet points are fine!) your wins, your moments of pride and all the things you've done you're happy about.
3. Bookmark a web site – or even better, find a book – that contains inspirational quotes and stories. Let the optimism and positive messages flood your mind, body and soul, reminding you of what a wonderful world we live are blessed to live in.

4. Treat yourself to something special at least once every two weeks or so. This will be different for everyone – and remember, it need not be costly. Reading the newspaper at your leisure over coffee, walking in nature, listening to your favourite music, dancing (as if no one is watching – because they probably aren't, if you're at home alone in your lounge room!). And when you do this thing, whatever it is, remind yourself you are doing it because you are celebrating you.
5. Throughout your day, pause and take three deep breathes. As you inhale, in your mind say the words 'well done!' – and as you exhale say 'I'm proud of me'.

So ... what are you waiting for? Go do some celebrating!

I **guarantee** it will enhance your mood, productivity and well-being.

Have a great month – Sandi

## Good Grief! It's only 10 weeks until Christmas!

If you're planning your staff Christmas break-up and want something **unique, fun and memorable**, *I can help*.

All I need to know is –

- Number of people
- Venue
- Theme or atmosphere you're after
- Your rough budget
- 



Interested? Send me an email via [this link](#) – or call me on **0417 575 493**. Look forward to hearing from you soon and creating some fun memories together!