

BECOME YOUR BIGGEST FAN

Achieving your goals is great, but you'll never gain confidence from them if you simply move on to the next thing and don't pause to celebrate your wins. Psychologically speaking, celebrating your accomplishments isn't frivolous; when you do so your body releases endorphins that reinforce a feeling of competence. Don't wait for someone to acknowledge you, and quit restricting celebrations to epic wins only.

1. CREATE A BRAG FILE. Keep a log of your wins at work (Word or Google document, Evernote note, email folder), so you can look back with a healthy sense of pride. Your brag file can help you better understand your skills and what type of work you most enjoy doing, and even comes in handy for performance reviews or job searching. One of my clients kept her brag file in a fancy notebook and would give herself gold star stickers for her accomplishments.

2. REFLECT ON YOUR HIGH/LOW/HERO MOMENTS. It's no secret that gratitude has many benefits, from improved health to better sleep and happier moods, but true gratitude requires you to acknowledge the ups and downs equally. One practice my clients love is called High/Low/Hero: What was the *high point* of your day? What was your *low point* of the day? Who was a *hero* to you today? One of my clients put High/Low/Hero into practice shortly after switching careers to a new industry. She felt out of her element and like an imposter. But going through High/Low/Hero with her partner every night helped her gain perspective that, while there were growing pains, she was making a lot of headway implementing her ninety-day plan.

3. SHARE PUBLICLY. Don't underestimate the social connection and boost of momentum that comes with voicing your successes. You are always welcome to share your wins in our community of Sensitive Strivers, which you can find at melodywilding.com/bonus, along with printable worksheets, templates, and other free resources from this book.