

EXPERIENCING PERSONAL ACCOMPLISHMENTS

FEELING YOUR ACCOMPLISHMENTS

FEELING GRATEFUL FOR OUR ACHEIVEMENTS

Taking time to intentionally feel our achievements in life is imperative. Otherwise, we are working, doing, striving, trying, yearning, wanting, and doing more doing without even feeling the sense of accomplishment and gratitude that makes it all worth it. Without feeling our personal accomplishments, we tend to end up feeling resentful, exhausted and unfulfilled.



RECOGNIZE WHAT YOU WANT MORE OF IN LIFE

This practice also helps you align with what is truly important to you and recognize what you want more of in life, so you can plan for and focus on value-aligned goals.

RECOGNIZING IMPORTANT ACHEIVEMENTS IN YOUR LIFE

FIVE MOST IMPORTANT ACCOMPLISHMENTS

LIST BIG ACHEIVEMENTS OR SMALLER, MORE PERSONAL MOMENTS THAT YOU FEEL ESPECIALLY PROUD OF



ACCOMPLISHMENT



ACCOMPLISHMENT



ACCOMPLISHMENT



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ACCOMPLISHMENT 1

Describe the moment you achieved this accomplishment or became aware of the accomplishment. Include as much detail as possible.

What is it about this accomplishment that is important to you?

Feel grateful for your accomplishment in this moment. Notice how this feels. Describe how it feels in your body.

What thoughts do you have and what does this accomplishment say about you as a person, in your opinion?



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**Gratitude is
the single
most
important
ingredient to
living a
successful and
fulfilled life.**

-
Jack Canfield



ACCOMPLISHMENT 2

Describe the moment you achieved this accomplishment or became aware of the accomplishment. Include as much detail as possible.

What is it about this accomplishment that is important to you?

Feel grateful for your accomplishment in this moment. Notice how this feels. Describe how it feels in your body.

What thoughts do you have and what does this accomplishment say about you as a person, in your opinion?



ACCOMPLISHMENT 3

Describe the moment you achieved this accomplishment or became aware of the accomplishment. Include as much detail as possible.

What is it about this accomplishment that is important to you?

Feel grateful for your accomplishment in this moment. Notice how this feels. Describe how it feels in your body.

What thoughts do you have and what does this accomplishment say about you as a person, in your opinion?



ACCOMPLISHMENT 4

Describe the moment you achieved this accomplishment or became aware of the accomplishment. Include as much detail as possible.

What is it about this accomplishment that is important to you?

Feel grateful for your accomplishment in this moment. Notice how this feels. Describe how it feels in your body.

What thoughts do you have and what does this accomplishment say about you as a person, in your opinion?



ACCOMPLISHMENT 5

Describe the moment you achieved this accomplishment or became aware of the accomplishment. Include as much detail as possible.

What is it about this accomplishment that is important to you?

Feel grateful for your accomplishment in this moment. Notice how this feels. Describe how it feels in your body.

What thoughts do you have and what does this accomplishment say about you as a person, in your opinion?

RECOGNIZING IMPORTANT ACHIEVEMENTS IN YOUR LIFE

FEELING GRATEFUL FOR OTHERS' ACHIEVEMENTS

THINK ABOUT FAMILY, FRIENDS AND COWORKERS AND DESCRIBE MEMORIES YOU HAVE OF THEIR ACCOMPLISHMENTS

Use this page to write about your loved-ones or coworkers achievements and moments you remember feeling especially proud of them for.

What is it about these accomplishments are important to you?

Take a few moments to feel grateful for others' accomplishments that you described. How does it feel to appreciate others' successes?



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**Gratitude
makes sense
of our past,
brings peace
for today and
creates a
vision for
tomorrow.**

-
Melody Beattie



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If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org