

Savoring the Accomplishment

Pick one prominent accomplishment from the Three Column Exercise plus a different accomplishment that you haven't thought of in a while. For 15 minutes, reflect on them both, savoring the memory of these achievements.

For each achievement recall what happened, when it happened, and what you did to make this success a reality.

- » What skills and abilities did you use?
- » What setbacks or challenges did you have to overcome?
- » Who else was involved?
- » What exactly makes you proud of this accomplishment?
- » What positive feelings arise now, looking back on it?

You can also do this exercise with a partner, friend or colleague, taking it in turns to share your two chosen accomplishments. As your partner talks ask them questions to help them savor their chosen accomplishments even more. Look for ways in which, in the future, they might use the abilities, interests and strengths revealed in their accomplishments.