

Celebrate the Small Stuff

To celebrate, by definition, is to acknowledge a significant or happy day or event with a social gathering or enjoyable activity.

As I've gotten older, I have to try very hard to slow down and celebrate achievements and special times. I've put quite a bit of thought into this over the past few months.

Children seem to have no problem wanting to celebrate everything. Life is fun, discoveries are found each day and we are excited to tell the world (or at least mom and dad) about ALL of them. We celebrate everything from learning how to use the potty, birthdays, parties for dolls, animals and anything else we can think of to have fun.

Why is it that as we grow older we tend to lose our desire to celebrate those small victories?

I believe we are overwhelmed with a big 'to-do' list which is built up by not having enough courage to say 'no' to things we should. Over time, we are filling our schedules with things we don't want to do for people we probably should not be doing them for. Life is busy! Yes, I said the dreaded 'busy' word... I absolutely hate saying that word. Maybe it's because at one point in my life I tried so hard to be the 'busy chic' that could do it all by herself. After using that word as a crutch for what seemed like years, I realized I don't actually want to be busy. I want to be productive!

What are some other reasons we lose the desire to celebrate? We don't believe we are worthy of being celebrated. This is, above all, the saddest reason and if this is you, please start to dig into your past and figure out where this lie started. You are amazing and worthy of celebrating! During a conversation the other day with a good friend, the topic of celebrating came up. Seeing as we both had a similar upbringing which included being raised by a family who, for religious reasons, did not celebrate anything but wedding anniversaries. After a long conversation, we concluded that we are commanded to be thankful and a thankful heart loves to celebrate!

I'd like to give you another example. Do you have children? You do your very best to provide for them and give them whatever they need. Now imagine if each time you gave them something or rewarded them they were not appreciative. Imagine that they just asked 'when the next thing was coming.' As a parent, you would be frustrated and likely feel like you weren't doing your job very well. The same is true for us as adults. If we aren't willing to slow down and appreciate each day as a gift by celebrating some of those small things, why should we be given more?

My challenge to you (and myself) is to start finding one thing each day to be thankful for and celebrate one 'thing' each week. Start to appreciate the people you have, along with the gifts and talents you possess. I hope you have an amazing month and enjoy all the moments you are given.

Here are some examples of ways I like to celebrate. Check out this list if you need some ideas!

1. Go to lunch or dinner.
2. Go for a ride... explore a new trail, find a new arena.
3. Get yourself a new outfit or new tack. (for my horse peeps)
4. Take a lesson with someone you look up to.
5. Go for a spa day. (or whatever floats your boat)
6. Set a vacation goal and actually go!
7. It could be as simple as this... Go grab some ice cream!

I'm celebrating finishing this article by having a glass of fresh-squeezed grapefruit juice. It doesn't always have to be big...

Now, go find something to celebrate!