

## Celebrating Milestones

(3 min. read)

Monday, February 10th, 2020

Look back to the year, 2010. How much has your life changed? There have been a lot of events and goals achieved, hasn't there? Take a moment to sit with the things you've accomplished.

Doesn't that feel great? When was the last time you celebrated reaching a goal? If you're anything like me, I always assume I'll celebrate later... or I am already on to the next goal and never stop for a minute to enjoy. The madness has to stop!

There are a few reasons people don't celebrate. Number one, they don't feel like they are 'there yet' and need to be better and stronger before they can relax and celebrate. Number two, they feel like they would lose steam in their quest to be the person they want to be, so they just keep on going.

There's a slight problem with both of these modalities. If you never get a reward, it's very easy to get bitter, or depressed about where you're at. Compare it to the release of your hands when queuing a horse to lower their head. This can be a stubborn test of wills but all they are looking for is the 'release.' The second you release pressure, the horse licks and chews. The next time you ask they are usually less resistant, and give in more quickly. Imagine if you didn't release when they tried even a little? Would the horse be more willing or less willing the next time you asked? It makes perfect sense when I put it that way... doesn't it? So why don't we give ourselves a reward? I think we are so set on the next 'big thing' that we forget how good it feels to celebrate.

There is a great podcast called, *The Ed Mylett Show*, and in one episode he talks about 'Blissful Dis-Satisfaction.' He compares it to going to dinner for great steak. You think about the steak for days until you can get into the restaurant. The whole time imagining the juicy, tender steak hitting your taste buds. Then, you're there, cutting into your first piece. As the steak dances across your tongue... it's blissful! Does that goal achieved make you want to set the remaining steak aside and move onto the vegetables? Heck no! You keep eating, and each bite is just as good as the first. You stayed hungry. So, when you celebrate those milestones you won't lose interest in achieving more.

I have been in my new home since December 10th. I still have a bottle of champagne I bought and labeled, 'New Home,' in my fridge. My hubby and I will be cracking that bottle tonight, it's time to celebrate! I wanted to wait for the perfect night, but there is no such thing, so tonight's the night! What do you need to celebrate tonight?

Don't wait any longer. CELEBRATE!!!

