

CELEBRATING BREAKTHROUGHS



Celebrate:

giving attention and appreciation for someone, something or an achievement in your life.

What do you like to celebrate?

Breakthrough:

an important discovery or event that helps to improve a situation or provide an answer to a problem

What wins, victories or breakthroughs have you had this past year?

It is important to acknowledge any breakthrough in your life no matter how small it is. It is the process of Celebration that builds new neuro pathways in your brain. The chemicals released when you allow yourself to celebrate will encourage you to seek out more reasons to celebrate.

-Laura Burgoyne

What if you can't think of ANY!

MY MENTOR ASKED....

What wins and victories did you have last week?

When we FOCUS on what we have not achieved or what has gone wrong it makes it IMPOSSIBLE to see the good in our lives. We completely miss all the good things that are happening. And overlook the growth and small steps we have taken along the way.

What good things have happened in your life recently that you can focus on?

Write today's worries in sand, Chisel yesterday's victories in stone.

Max Lucado

FOCUS ON PROGRESS NOT PERFECTION

What does this statement mean to you?

ANY CELEBRATION BIG OR SMALL IS REALLY ABOUT TAKING A MOMENT TO NOTICE ALL THE GOOD STUFF IN YOUR LIFE!

List some of the good things in your life.

Celebrating our wins, victories, and memorable moments allow us to look back and remember them, much like milestones in our lives. There is a story I would like to share with you from Joshua 3 + 4:1-8 about some people who built a monument so they could look back and remember.

Has there been a time in your life when you have built a type of monument to remember an event? If so, write it down.

They took the time to build a monument so they would remember. When we celebrate our breakthroughs, this is precisely what we are doing. We remember these moments vividly for years to come, pictures are taken, and we remember the people who were there. Nothing is lost!

Think back to the last celebration you had, what do you remember about it?

As adults, we stop wanting to celebrate our birthdays because they are reminders that we are getting older. Instead of looking at it as you getting older, use your celebration as a way of memorializing all the amazing things that have happened in the year. Allow that to be your focus as you go into your celebrations and every birthday will bring increased joy!

How would it change your birthday celebrations to implement this?

Remember, whether the victory, win or occasion is large or small take the time to celebrate it properly and weave it into the very fabric of your life. Then when you look back instead of seeing the debris of the storms of life, you see the milestones, the victories, the wins, every special moment highlighted!

Focusing on the positive in every moment creates in us an appreciation for all we have overcome and the journey that brought us to where we are!

Celebration builds a life built on optimism, positivity, gratitude, resilience and most of all JOY!

MAY WE SHOUT FOR JOY WHEN WE HEAR OF YOUR VICTORY
AND RAISE A VICTORY BANNER IN THE NAME OF OUR GOD.
MAY THE LORD ANSWER ALL YOUR PRAYERS.

PSALM 20:5

When others are celebrating, it is important we join them. It means so much to the person holding the celebration, but you will also be able to share in their joy and their triumph!

When was the last time you celebrated with someone else their event, achievement or win?

Activation

REFLECTING ON YOUR WINS!

What have been your small wins, your small steps and victories that you need to acknowledge today? Even if you haven't achieved your BIG PICTURE Goals. Celebrating the small steps along the way creates momentum and helps you to continue moving forward instead of getting stuck in defeat!

How have you grown in the past year?

What area have you seen forward movement?

Is there anything that you have overcome or begun the healing process for?

Any step forward is a step in the right direction.

3 Keys to Remember

- 01 ANY CELEBRATION BIG OR SMALL IS REALLY ABOUT TAKING A MOMENT TO NOTICE ALL THE GOOD STUFF IN YOUR LIFE!
- 02 CREATING MILESTONES HELP US TO LOOK BACK AND SEE ALL THE POSITIVE INSTEAD OF THE NEGATIVES.
- 03 CELEBRATING YOUR WINS NO MATTER HOW SMALL WILL CREATE MOMENTUM AND CAUSE YOU TO DESIRE MORE WINS.