

Celebrating Who You Are
As Seen in the NJAWBO Somerset Chapter Website in 2003

Celebration is one of the dimensions of creating and supporting extraordinary teams as well (re)creating an extraordinary you.

What do you say to yourself during the day? I am thinking about this as I look over my goals, objectives, and daily plan and I shriek to myself, "You haven't accomplished anything! All you've done is plan for the last hour!" "But wait," I tell myself, "I really have accomplished something – I have a plan on what I'm going to do."

Periodically we need to check our inner voice(s) to see if we are encouraging ourselves or defeating ourselves. What do you tell you about yourself? To run a business or a family should be fun – granted it is hard work – but it should be fun. If it is not fun then you might ask yourself, WIFFM (What is Fun for Me)? Having fun and celebrating your achievements gives you energy. Are you resolute in recognizing your successes and having fun with your work?

During these next two months check your inner voice and see how often you congratulate and encourage yourself. How do you celebrate the marvelous little things you do? Do you encourage and inspire yourself? Celebration is about reenergizing yourself. It's about realizing the wonder that you are, and appreciating all you have achieved. It's realizing that what you have completed is not all that you will do, but that what you have done is done, past, and the next moment can be something entirely different.

You are not limited by your past – only by your dreams, aspirations, commitments, and follow-through.

Without little celebrations, we have feelings of non-appreciation. Our inner voice becomes judgmental. Meg Wheatley, founder of Berkana Institute for community, organizational, and world change said, in an interview conducted by Larry Spears, CEO of Greenleaf Center, "If you want to change the conversation, you must change who is in it." For further information about conversations and Berkana Institute see <http://www.berkana.org/> and <http://www.turningtooneanother.net>). To learn more about the Greenleaf Center for Servant-Leadership see <http://www.greenleaf.org/>.

So, if you want to move from defeating yourself to encouraging yourself, it just might be you who will need to change what you tell yourself. Remember your WIIFM (What's In It For Me) should include WIFFM (What is Fun for Me?).

So, tell me, how do you celebrate your accomplishments? How have you established your support groups? How do you keep your WIIFM alive and healthy? E-mail (twwcmw@att.net) and tell me what you do to encourage yourself. In the Subject area type: 'I Celebrate!' Perhaps we can assist each other with some new ideas about keeping ourselves energized.

Meanwhile, keep your WIIFM alive, healthy, and realizing the fun. Awake with it on your mind and go to sleep with it too. It can be comforting and your business, clients, and family need you to be excited about what you bring to this world and who you are!

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