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# Celebrate! EVERYTHING!

## 3 Reasons to Add More Celebration to Your Life

**Birthdays and major holidays aren't the only days worth celebrating. This year, add more joy and insight to your life by delighting in the everyday achievements and small triumphs.**

By Christa  
Melnik Hines

When Jennifer Sears set out to find a new teaching job, one of her priorities was to find a position that was in the same school district as her seventh grade son and fourth grade daughter.

"Being in the same district meant that my hours would be similar to my kids, which would save on childcare—both a financial and emotional strain for us at times," Sears says.

She was thrilled when she landed a teaching position that was not only in her desired district, but also personally inspiring. When Sears arrived home the day she signed her contract, her husband and children were dressed up and waiting to take

her out for a celebration dinner at her favorite Mexican restaurant.

"We do something similar for any of us," Sears says. "It's the best part!"

Many of us recognize this scenario. After accomplishing a hard-won goal, we celebrate with our loved ones. Usually we reserve our celebrations for monumental events, such as earning a degree, getting a promotion, or snagging that new job.

But what about celebrating the bite-size daily triumphs that are instrumental to moving the needle toward our goals? Quick meetings with potential job prospects, 15 minutes a day on a writing project, or daily workouts all add up over time.

"Creating space in your life for celebrating where you are is a form of self-care that will energize and inspire you," says life coach and mentor, Shannon Kinney-Düh, owner of A Free Spirit Life, Kansas City.

Here are three reasons why you should add more everyday celebration to your life:



## 1 Celebrate TO REENERGIZE.

Some of us aren't wired to pause and digest a victory before moving to the next thing on the to-do list. But that go-go-go mentality can put you on course for burning out before you achieve your big-picture vision.

"Celebration takes practice," says Amber Kuileimailani Bonnici, a creativity coach based in Hawaii. "The first time I had a painting in a juried show, my husband said, 'We have to celebrate!' Some part of me didn't want to. I felt like it wasn't a big deal, but we went out anyway, and by the end of the evening, it *did* feel amazing. I felt proud of myself. I would have missed that if I'd just gone home."

While you may be tempted to downplay your achievements, shrugging off the important moments can be self-defeating, says Lisa Bahar, a marriage and family therapist in Dana Point, California. Don't wait for someone else to validate your accomplishment. Honor your efforts, whether you celebrate with loved ones or privately.

"The bottom line is to have fun and enjoy your accomplishments," Bahar says.



## 2 Celebrate TO REFLECT AND LEARN.

Take time to "integrate" what you learned from the process of working toward a goal, recommends Bonnici.

"There is a natural rhythm to everything," she says. "There are times we are accomplishing our goals

and taking action. Other times we need to rest and celebrate. Take the time to build the energy back up again before heading out."

Many of us have the tendency to only focus on what we're *not* doing, which can lead to frustration. Instead, make a list each month of everything you got done over the past four weeks. The list will probably surprise and delight you.

"By pausing and noticing your journey, there is less feeling dissatisfied and more feeling grateful," Bonnici explains.

## 3 Celebrate TO LIVE MORE JOYFULLY.

Throughout the year, scrapbook accomplishments, and mark how you celebrated. When you review the book at the end of the year, it will inspire you as you set next year's resolutions.

Make a list of life's little joys that motivate you, such as a bubble bath or a cup of tea—and set aside time for those little treats. Also, be sure to take time for rest. "Taking a day off is wonderfully restorative, reduces stress, and feeds your soul," Kinney-Düh says.

With your family, take time to share the small and big wins from the day. Lauding each other with enthusiastic support is motivational and intrinsically rewarding.

"If you can take the time to create mini moments of celebration and focus on gratitude, this joy permeates all areas of your life," Kinney-Düh says. "Joy guides you toward positive change. Joy is the gift that comes from celebrating life!"

Christa Melnyk Hines is a freelance journalist and the author of *Happy, Healthy & Hyperconnected: Raise a Thoughtful Communicator in a Digital World* and *Confidently Connected: A Mom's Guide to a Satisfying Social Life*.