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Pod #501: Tapping to Celebrate Victories Big and Small

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I give myself permission to celebrate...It is OK for me to celebrate small victories...It is good for me to celebrate small victories...When I recognize the victories both big and small, I appreciate the moment more...I engage with the moment more...I find more richness in that moment...When I celebrate small victories it opens my eyes to recognize even more small victories...And because I am noticing what is good, I am much more likely to notice what is good...I give myself permission to be easy with myself...Knowing there's a part of me that resists celebrating...Thinking that it is egomaniacal...Thinking I am making it all about me...Thinking by lifting myself up, I'm putting others down...But none of that is actually true...Celebrating small victories lifts me up...Celebrating small victories is motivating...Celebrating small victories helps me to move forward with a smile...Celebrating small victories gives me energy...I give myself permission to celebrate my small victories...I give myself permission to celebrate them right now...I give myself permission to know that I'm allowed to celebrate those victories...Experiencing this joy as part of the human experience...The more I engage with that feeling, the more likely I'm going to find it again...So I give myself permission to celebrate my victories, both big and small.

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practitioners how to grow their practice.

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