

Day 14: Today's lesson: Noticing your progress and celebrating is reinforcing trust

How are you doing with your self love challenge? Regardless of where you are, I want you to celebrate what you have done. Not what you didn't do, but what you did do. Take out your log, look at it and celebrate anything that's on there. Whether it's one thing or 10 things. Feel good that you are showing up to know, love and trust yourself more.

I personally think that celebration is so underrated. It's a happy, feel good, congratulatory acknowledgement that we did something we feel good about and says we are on the right track. And when we stop to honor and see ourselves, we are building trust and self love.

Not only is it important to celebrate ourselves for our birthdays or for things we've accomplished, it's really important to celebrate the small stuff.

Celebration is a reminder of what is important to us. Studies show that people who celebrate often are less stressed, more positive, take better care of themselves and are generally happier.

When you choose to purposefully celebrate your wins, big or small, your brain actually creates dopamine which is a chemical released signaling your body there's reward and it creates good feelings such as motivation, being focused and gives you a general sense of well being.

We can use celebration to form new habits through elevating our emotions to rewire our brain, think about it. If you celebrate yourself, you are not only creating confidence and trust, you are sending messages that you deserve to be celebrated, which reinforces you are lovable and trustworthy.

Celebrate often. While you remember to do something nice for yourself, celebrate, while you are doing this thing for yourself and when you

accomplish this task. Celebrate all throughout. It really does change your brain chemistry which will allow you to form new ways of being. Ones that align to loving yourself more which creates more joy and an easier existence.

Celebrate that you are becoming more of yourself and that you are learning to trust and love yourself more each day.

Here's how to celebrate

1. Be aware of the moment.

What have you achieved that you are proud of? What's working? Did you step out of your comfort zone? Did you try something new? Did you handle a situation better than you thought you might? Did you smile at someone or encourage someone today? Or give them a compliment? Whatever it is, notice what you are doing, this is the first step to celebrating who you are and bringing more joy into your life.

2. Take a moment to stop and acknowledge yourself.

Stop to celebrate. Set the moment apart from your normal routine to acknowledge yourself. Your achievement is important and when you stop to acknowledge it and what you've done to make it happen, you are building self trust and saying to yourself you are worthy of being celebrated. Give your attention to the moment and congratulate yourself for showing up. Say something nice to yourself and feel good about what you've done.

3. Celebrate the moment by taking some action.

Light a candle, grab a friend or partner and make a toast, go to your favorite restaurant, do something nice for yourself. This is about you taking an action to commemorate you acknowledging your accomplishment. Do something that make you feel good about yourself that celebrates and honors you for being the powerful being you are,

showing up for yourself, however big or small. This is about you enjoying and celebrating the moments of life.

Life gets a whole lot better when you bring awareness to who you are and why you deserve to be celebrated. It can be done in any moment at any time. You get to decide when you celebrate yourself. The more you do it, the more you learn to acknowledge and appreciate yourself for being uniquely you. So go do something fun for yourself so you can show up and enjoy your life more.