

# The Technology of Celebration™

Recognizing Value in a Powerful Way

Our survival mechanisms respond with extreme intensity to our negative behaviors and experiences and force our attention into a sort of tunnel vision on them. But what is good for survival can wreak havoc on our overall outlook. Celebration is a deliberate effort to break the hold that negativity can have on our awareness and perspective and refocus our attention on the good.

The Technology of Celebration™ provides a pair of tools that give you the ability to override your instincts and consciously influence the two areas that control your outlook – your sense of yourself and your sense of the world. *Celebrating gratitudes* – the good stuff that exists and happens in your life – addresses your world view, and *celebrating wins* – your daily victories and achievements – impacts your view of yourself.

The ritual of celebration frees us from the influence of subconscious reactions, over which we have little direct control. Putting these tools to regular use, especially when your state of mind is hijacked by your troubles or by your mistakes, will energize your emotional reserves and heighten your capacity to perform well and live successfully.

## HOW TO USE THE TECHNOLOGY OF CELEBRATION™:

1. Sit down somewhere comfortable and quiet and establish an open and reflective frame of mind.
2. Think through with depth and thoroughness each step of the tool you have selected to employ before you begin writing.
3. Be bold and use rich language that has emotional impact for you.
4. Trust the process. The desired emotions may not necessarily follow immediately, but you will have reclaimed manual control of your misguided emotional auto-pilot.

### **Celebrating Wins (Things you have done well)**

1. State each win clearly in writing.
2. What was its value to you?
3. How did it benefit others?
4. What value did it create for the world?
5. What qualities of yours enabled the win?
6. Share it and celebrate with someone who matters!

### **Celebrating Gratitudes (Good things and people in your life)**

1. Inventory as many as you can think of.
2. Write them down for impact.
3. Give spiritual thanks for them.
4. Act to take good care of them!
5. Share them for even greater impact!

Cut these cards out and carry them with you as a handy guide for celebrating the good in your life!



Kim Sawyer is an Executive Coach and Principal of theWealthSource®. We provide individual, team and organizational coaching, as well as training and facilitation. Kim speaks to corporate and professional audiences around the country.

If you're an executive, corporate manager, entrepreneur or senior professional, visit us online at [www.theWealthSource.com](http://www.theWealthSource.com) to schedule a complimentary introductory coaching session, and learn how to apply the Technology of Celebration to increase your capacity create wealth – in all its forms.