

CELEBRATE!

VIDEO #16

CELEBRATING THE WINS AND PREPARING FOR YOUR NEXT GROWTH SPURT

Celebrating

In order to create an “amazing” life and career experience that continues to flourish and grow, and to fully experience your life and career as satisfying and fulfilling, it’s important to create and maintain rituals that support you and your growth. Otherwise, in our rush to do and be so much today, our successes don’t make it on our radar, and we’re in a perpetual race to achieve and do, instead of be and enjoy.

KEY TAKEAWAY

Celebrating your wins with gratitude and gusto is essential to supporting your growth today and throughout your life.

CELEBRATING WHO YOU ARE INVOLVES:

- **Acknowledgment** – recognizing all that you’ve accomplished, and acknowledging your courage and commitment to yourself and to the world.
- **Gratitude** – Feeling appreciative and grateful, deep down to your toes, for who you are and what you have in your life
- **Acceptance** – Accepting that it’s about progress, not perfection. Knowing that your life is a journey that isn’t about getting there or a final destination, but being there all along the way, and learning and enjoying life as each day unfolds.

- **Humility** – Remembering that, as far as you’ve come, you’re still a student of life, and you have much to learn (we all do). Bring forth your beginner’s mind and know that we always have something to learn – from what’s in our life and who’s in our life.
- **Love** – Loving yourself in the biggest way you can. Each day, look in the mirror and say to yourself (if it feels right), “I thoroughly love and accept myself.” As often as you can, feel deep and abiding love for yourself, for others, and for the life you’ve been blessed with (challenges and all).

Tips for Celebrating You

Find authentic, heart-felt ways to help support you and enhance your joy, peace and fulfillment as you continue to build your amazing career, including:

1. Each day, privately acknowledge your wins and successes, and what you feel proud and grateful for.
2. Celebrate all your strides – from the very big to the very small. Share them with those you love and trust, and the individuals who’ve been your staunchest supporters.
3. Take the time to journal about your journey. Journaling keeps you present, focused, aware, and it helps you treasure the “now.”
4. Reward yourself in ways that matter to you
5. Remember to keep up with your 21-Day Happiness Challenge, and your commitment to accessing more happiness and joy each day.

The key is to bring into focus each day a deep sense of gratitude, appreciation, acceptance, and excitement for all that you are and all that you’re doing.

What's Next for You

After all the inner and outer work you've done, you may be experiencing one of these common stages:

Read Kathy's Forbes Post:

The 8 Stages of Career Transformation

THE THREE COMMON STAGES OF NEW CAREER TRANSFORMERS THAT YOU MIGHT BE FACING ARE :

- 1. Transitioning – You're still in the process of big change, and you are disengaging from what was, but are in the midst of creating the "future you."**

Know that you may experience the "grievels" during this time – a sense of grieving, sadness, loss, or confusion, because you're leaving behind experiences, beliefs, actions (and sometimes people) that you've outgrown. It's all natural and normal.

- 2. Assimilation – You've created what you want, and now you're in the process of processing, integrating and recalibrating.**

As we grow, we spread our wings and bump into new things we wish to navigate through. Growth is not a destination – it's a process, and the most effective way to stretch and grow towards 'amazing' is to stop periodically, step back, take in all you've done, and then recalibrate – process and integrate what you've learned and decide what's best going forward.

- 3. Relaunching – You've done what you wanted, and are ready for the next shift. You either know what the best direction is and you're excited to take it, or you're a bit unsure as to what's next, and wish to process through these 16 steps again to create your next level of amazing.**

Next Steps:

- **Take stock** – Examine all that you’ve done and achieved in this program. Ask yourself, “Where have I come from and where did I take myself, and how is it fitting?” Assess what is deeply satisfying to you now, and what needs further revision or shifting.
- **Stay connected!** Keep your connections going with the other participants of this program, and with me. If you’d ever like more in-depth coaching assistance from me, don’t hesitate to [reach out and let me know](#). And don’t forget to use this video library as a resource that supports you in each new phase of career growth you achieve.
- **Congratulations - You did it!** I hope you feel great pride in yourself. You’ve done what hundreds of thousands have only dreamed of – made the ongoing commitment to taking yourself to the next level of amazing success, fulfillment and joy.

A Private Note from Kathy:

I’ve been honored and thrilled to support you through this program and your amazing career growth. I hope that I can stay a part of your progress through the various programs and resources we offer, including our [ACP Mastermind Program](#) that brings together a select group of amazing career builders who meet regularly and enjoy an online forum and community. Or, if you’d like, join me in a private one-on-one coaching program, don’t forget your 20% discount to my [Jumpstart Your Career Success](#) (4 sessions), or my [Career Breakthrough Coaching Program](#) (10 sessions). Use coupon code ACP20-2015 to access your discount at checkout. Finally, stay tuned for the next level of The Amazing Career Project which you’ll learn about soon.

As we draw to a close, I’d like to congratulate you from the bottom of my heart for all your hard work, commitment and energy you’ve invested in yourself, and in creating your life and work as you truly want it. It’s no small feat what you’ve accomplished,

and I for one understand what it takes – getting in the cage with your fears, tackling the challenges and obstacles that previously held you back, and most importantly, stepping up to embracing your worthiness to live and work as you want to -- with amazing success.

What you've done will serve as a model for many others in your life who want more, and can look to you as a guide for stepping up to your highest potential.

I hope you've found the program useful, and will continue this growth work – either with our next phase of The Amazing Career Project, or on your own. Please complete our [Amazing Career Project Feedback Form](#) so we can learn from your experiences and continue to bring high-quality programs to career women who want more from their lives and work.

I'm so excited about your career growth and advancement, and hope that you'll share and celebrate your achievements with the gusto they deserve!

Thank you, and I hope to be with you again soon. Many happy breakthroughs and continued amazing success to you!

Love,

A handwritten signature in blue ink that reads "Kathy".

Great job! Thank you for committing yourself fully to a life of passion, power, and purpose, and to doing the work of building an amazing career!

– **Kathy Caprino**