

Celebrate the WOW moments – big and small

It's all too easy to focus on what hasn't worked out, what's been difficult or what we haven't achieved at the end of the day. This is because we have what neuro-scientists call a negativity bias, a strong tendency to focus on negative events and experiences making it hard to see and appreciate the good things that do inevitably happen to us all.

Celebrating our daily victories – no matter how minor – is helpful to redress the balance of how we experience ourselves and life, to begin to see and acknowledge the good things that do happen or that we achieve. It can strengthen our confidence and foster positive emotions such as wellbeing, contentment and fulfillment.



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Follow these three simple steps to celebrate your WOW moments:

- 1. Make time to reflect**
At the end of the day or week take some time to think back on your day or week.
- 2. Ask yourself what have been some WOW moments today, this week?**
Consciously focus on the things that did go well, that you did want to make happen or change. Watch your mind. If you are unaware, it wanders off to negative things. Bring it back to your WOW moment(s).
- 3. Start collecting WOW moments**
Write them down or put them in an empty jar, keep on your desk and label it your WOW JAR – I have one on my desk which I love delving into when I'm in need of a boost.