

Women of Enlightenment Support Group

February 2017: Celebrating Success

*“My goal has always been not to look forward
to the next thing, but to relish and celebrate
the successes I have at the moment.”*

Dianna Agron

Facilitator: Bridget Morris

Minister: Rev. Barbara Yarnell

Center of Enlightenment

2724 Goodrich St

Ferndale, MI 48220

248-582-0380

coechurch.org

Celebrating Success

Most of the time we go through life not noticing the small successes that occur each day or week, we consider a “Success” as something big and eventful: A new job we had hoped for, the dream home purchase or being accepted to the university we applied to.

Although these are certainly things to celebrate they are not a true measure of success. What happens when we are not experiencing these monumental events that represent success? Most of us feel something must be wrong with us, why are others having success yet we do not?

Comparing ourselves to others is a spirit dimming process; each one of us is unique and has our own purpose here on the earth plane. Comparing ourselves to others is a toxic practice.

Being successful is finding what brings us peace and joy. True success is working towards finding this purpose and achieving small wins as we reach a goal whether big or small.

Our culture measures success by income and levels of wealth and position in our community, as we know many of these people who "seem" successful are not living happy and fulfilled lives. Many are unhappy in their careers and relationships.

Yet we all know people who have little and possess a happy outlook and a Life of purpose. These individuals have found their purpose and joyfully navigate their lives.

- Celebrating small acts or thought changes move us towards a joyful and positive life.
- Making that challenging phone call.
- Asking for help with a step needed to propel you on your way to the next step in a goal.
- Being honest with yourself about something you have avoided thinking about. "I know I have a degree in accounting, and I hate being an accountant"

These steps and observations bring us closer to true success. Be mindful and look for reasons to celebrate the small things and soon the larger things will also come along.

Let's discuss some small things we can celebrate that will move us towards what makes us peaceful and joyful.

Acknowledgements

Bridget Morris wrote information

Graphic from <https://www.brainyquote.com/quotes>