

Wake Up Pray Up Boss Up Podcast

Episode 7: Celebrate Your Progress

“Celebrating isn’t selfish—it’s a gift from God meant to bring joy and gratitude into our lives.”

Step 1: Why Celebrating Matters:

Pause and reflect:

1. Write down three accomplishments you’re proud of this year:

1. _____
2. _____
3. _____

2. Which of these did you actually celebrate?

Celebrated: _____

3. How did celebrating—or not celebrating—make you feel?

Reflection: _____

Bible Verse to Reflect On:

“That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.” — Ecclesiastes 3:13

Step 2: Trust God's Timing:

1. Think of a time when you felt stuck or frustrated because things weren't moving forward the way you expected.

Situation: _____

2. How did God show up for you during that season?

Answer: _____

3. How do you see that experience differently now?

Lesson learned: _____

Bible Verse to Reflect On:

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11

Step 3: Stacking Positive Emotions:

1. Write down three positive moments in your life when you felt joyful, successful, or loved:

Moment 1: _____

Moment 2: _____

Moment 3: _____

2. Anchoring Practice:

- Close your eyes, take a deep breath, and relive one of these moments. Picture where you were, what you saw, and how you felt.
- Anchor Statement: "This is my joy. This is my strength."
- Physical Anchor: (Optional) Touch your heart or squeeze your fist as a reminder.

Step 4: Three Tips for Celebrating Yourself:

Tip 1: Pause and Reflect

Write down one thing you accomplished this week—big or small:

I'm proud of myself for: _____

Tip 2: Celebrate in a Meaningful Way

What's one meaningful way you'll celebrate this win? Choose something that feels right for you:

- Write about it in your journal
- Treat yourself to something special
- Share your joy with someone you trust
- Other: _____

Tip 3: Give Yourself Grace

Write an encouraging message to yourself, as if you were talking to a friend:

"Dear [Your Name], I'm proud of you because..."

Conclusion:

"The more you praise and celebrate your life, the more there is in life to celebrate." — Oprah Winfrey

"Keep this worksheet handy to remind yourself that every win counts. Don't wait for the perfect moment—celebrate along the way! You've got this!"



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