



CELEBRATE YOUR PROGRESS

THIS WEEK'S NOOK ACTIVITY IS HERE!

Pick up a printed copy of our step-by-step guide outside of the OHP or swipe through our Instagram/Facebook story to learn more!

WHY SHOULD WE CELEBRATE OUR PROGRESS?

It's easy to think of progress as linear, or to focus on our challenges rather than our success.

In truth, most of us **make advances small and large every single day**, but we fail to notice them because we lack ways to appreciate our progress.



By **naming our wins** each day, we can celebrate our victories.

Honoring our progress can be **motivating, reaffirming,** and **supportive** to our well-being.

CELEBRATE YOUR PROGRESS

Activity Guide

TODAY, I
ACCOMPLISHED

- 1 _____
- 2 _____
- 3 _____

★ **Tip:** This doesn't have to be something huge -- maybe it was just cleaning your room or catching up on emails.

IN THE LAST
YEAR, I WAS
PROUD OF

- 1 _____
- 2 _____
- 3 _____

★ **Tip:** What have you overcome in the last year? What have you learned? What goals did you accomplish?

I STRENGTHENED MY
CONNECTIONS WITH
OTHERS BY

- 1 _____
- 2 _____
- 3 _____

★ **Tip:** Think about your relationships. Which ones have improved, and in what ways?