



To assist you along your journey to enduring success, I encourage you to start a celebration jar. This is a simple action that will yield great results over time. Each day, write down one “win” on a slip of paper. This might be something you did well, something great that happened, an exciting connection you made, anything that makes you want to celebrate. Big or small, it doesn’t matter. Place the slip of paper in a jar or box.

Choose a time to reflect on your wins from your celebration jar. This might be at the end of each month, at the end of quarter, or end of each year. Whatever you determine is the best time for you. Make time to sit down with your jar and read each slip of paper. Reflect on the win, noting how each made a difference on your journey to enduring success. Celebrate YOU!

*Trish*

ps. Visit [trishkendall.com/contact](http://trishkendall.com/contact) to connect and for more information about booking me as your next keynote speaker.

**TrishKendall.com**

*Section 1:*

**Instructions:** Cut along the dotted lines to create strips of paper. Each day, write down one win from the day to celebrate! At the end of the month, quarter, or year, sit down and reflect on your wins and how they are helping you achieve enduring success.

Today, I'm celebrating...	Today, I'm celebrating...
Today, I'm celebrating...	Today, I'm celebrating...
Today, I'm celebrating...	
Today, I'm celebrating...	
Today, I'm celebrating...	



*Section 2:*

**Instructions:** Cut along the dotted line and tape or glue to a jar or box.  
Place your strips of paper in your jar or box each day.

*My  
Celebration  
Jar*

