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Next Step Transformation Newsletter

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Happy Feet to Success

When was the last time you celebrated your business or career? As entrepreneurs we often get so busy with day-to-day responsibilities that we end up going from project to project, solving problem after problem, executing success after success without even noticing the progress we are making; or worse yet, thinking that we are not making any progress.

I have many clients that come to me feeling exhausted and defeated. When I ask them why they think they feel this way, their response is most often “because I can’t seem to get anywhere.” So our first exercise is to take an inventory of what they have done for the past few months. It never fails that a smile comes over my client’s face as they exclaim “WOW! I had no idea I had done so much!”

The accomplishment inventory exercise does not change the current situation they are in or solve the problems that brought them into my office. What it does is remind them that they are accomplished, strong, intelligent, hardworking, and capable. Suddenly the sense of overwhelm gives way to empowerment.

Celebrating each accomplishment can be as simple as doing happy feet for a few seconds, or giving one big “YEAH!” of victory. When I worked in corporate America I would celebrate my accomplishments with happy feet; which at first entertained and then intrigued my colleagues. But it never failed that soon after there would be whole teams of people gathering to do happy feet as they celebrated their own victories. This small ceremony increased team morale, productivity, and success. Why is that?



**Contact me to schedule a talk
for your team, group, or
business.**

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Last month we talked about how too much cortisol shuts down analytical thinking. Today we are talking about how acknowledging an accomplishment releases the chemical Dopamine into our system. Just like cortisol causes a downward spiral in us, dopamine causes an upward spiral.

When we acknowledge an accomplishment a burst of Dopamine is released which controls the brain's reward and pleasure center; thus it causes us to feel good about what we just did. But Dopamine goes beyond seeing the reward in our accomplishment, it also causes us to want to take more action toward more accomplishment and thus more reward. On the other hand, when we are low on Dopamine levels we experience lack of motivation, mood swings, tiredness, and even memory loss. Healthy levels of Dopamine are essential to success.

Here are a few ways to use Dopamine bursts as a way to parlay your accomplishments into greater and greater success:

- Keep a to-do list and check or scratch off items as you finish them – each scratch or check mark is a burst of Dopamine.
- Keep a running monthly, quarterly, or yearly inventory of accomplishments. Every time you review the list you get a burst of Dopamine.
- Right before you go to sleep each night, think of 3 things you accomplished that day. This allows you to go to sleep with Dopamine in your system which help you get more restful and regenerative sleep.
- And finally, establish your own accomplishment ceremony and “Happy Feet” yourself to success.

These concepts and exercises and more are found in my home study courses. I Invite you to visit our [Next Step Transformation Academy](#).

To your success!

Martha Soria Sears



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