



Mastering the Art of

## **CELEBRATING YOUR WINS!**

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### Amy Yip

Help accelerate the growth of  
underrepresented groups into leadership

- Mental Fitness Executive Coach, Speaker, Facilitator
- 2X TEDx Speaker
- 16+ years in corp America leading global teams at Google, Clorox, Booz Allen
- Author of award-winning book: **Unfinished Business: Breaking Down the Great Wall Between Adult Child and Immigrant Parents**



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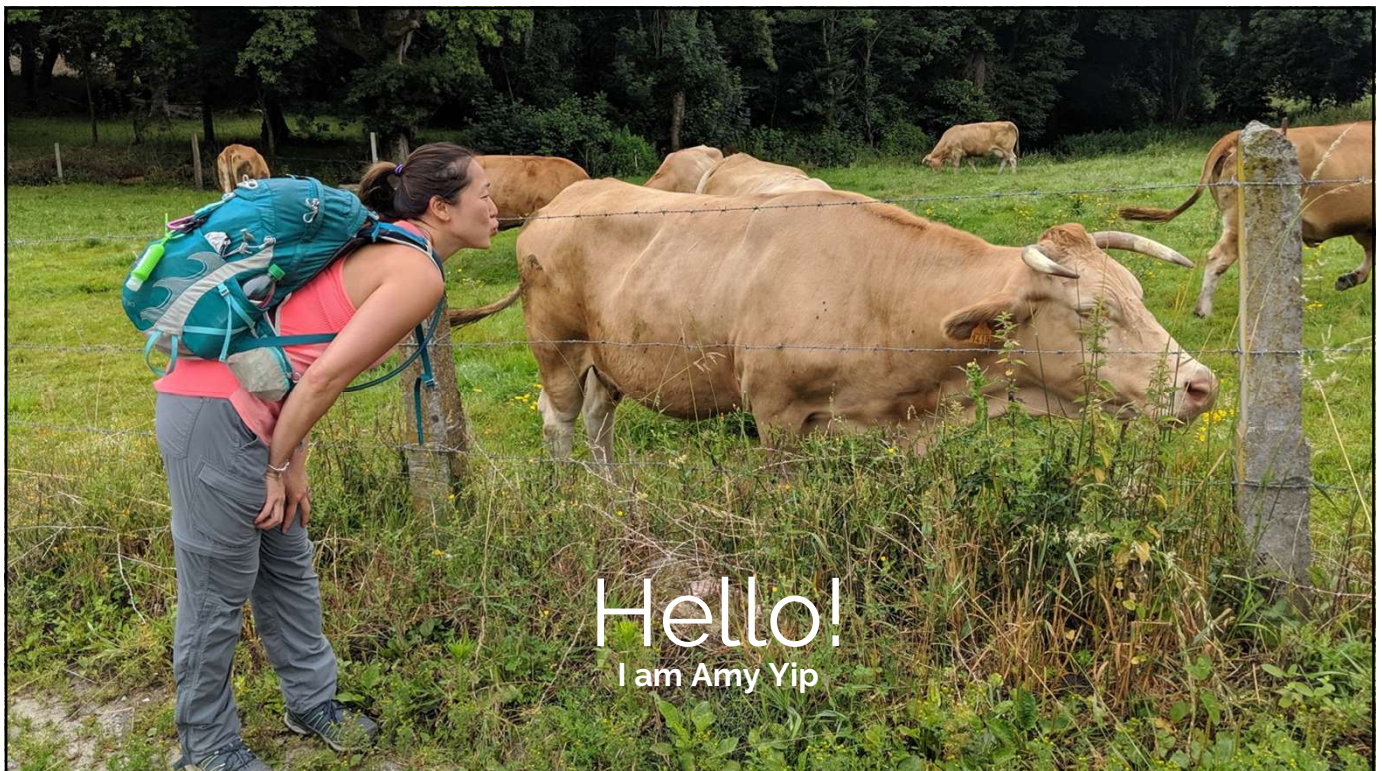
## What we'll cover today

- What is Celebration about?
- Why does Celebration even matter?
- How can I Celebrate each and every day?

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

- Oprah Winfrey -

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# Hello

my name is

1. Your Name
2. What did you do today that was amazing and that you're proud of?
3. How did you celebrate that?

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**What do you do when...**



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## What do you do when...



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## What do you do when...



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**What do you do when...**



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**What do you do when...**

***YOU***

***do something amazing?***

Receive an honor or award

Complete a project

Meet a health goal

Score a point in a league game

Learn a new skill

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***“Celebrating feels too self-congratulatory and self-serving.”***

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***“It wasn’t that big of a deal!”***

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***“If I celebrate now I’ll get  
complacent. It’ll hold me back  
from achieving even more.”***

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**What STOPS you  
from celebrating more?**

*What lies do you tell yourself about celebrating?*

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## QUESTION

What's the harm in not  
celebrating?

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## QUESTION

What's the harm in not celebrating?

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## ***What's Celebration?***

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Celebration is...

**Recognizing yourself**  
**Being grateful for your life**



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## *Why does Celebration matter?*

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## **Why celebrating matters**

It keeps you

*motivated*

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## Why celebrating matters

It builds your

*confidence*

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## Why celebrating matters

It gives you more

*meaning & joy*

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## People who celebrate...

- Have improved physical health
- Have better coping strategies
- Are more optimistic
- Take better care of themselves
- Tend to be less stressed

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**In this life, if you don't celebrate yourself,  
nobody will.**

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## ***How do we Celebrate?***

*(more intentionally)*

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## **Three Steps to Celebration**

**Step 1: PAUSE**

**Step 2: REFLECT**

**Step 3: PHYSICAL ACTION**

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## Step 1: PAUSE



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## Three Steps to Celebration

Step 1: PAUSE

Step 2: REFLECT

Step 3: PHYSICAL ACTION

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## Step 2: REFLECT



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## Three Steps to Celebration

Step 1: **PAUSE**

Step 2: **REFLECT**

Step 3: **PHYSICAL ACTION**

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Do you believe...

*Your **emotions** impact  
your physicality?*

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Do you believe...

*Your **physicality** impacts  
your emotions?*

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## Step 3: PHYSICAL ACTION



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## Three Steps to Celebration

**Step 1: PAUSE**

**Step 2: REFLECT**

**Step 3: PHYSICAL ACTION**

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## Love Letter Exercise



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Dear \_\_\_\_\_,

I am your confidence. The part of you that has and will always innately be here within you and will never give up. I am telling you that you freaking rock because...

With Love,

Your confidence

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

- Oprah Winfrey -

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**CELEBRATE**

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What is ONE action you will take to...

**Keep  
Celebrating  
YOU?**

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Breaking Down Great Wall Between A...



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