



Appreciate to Achieve

Achieving our full potential is dependent on taking positive action to move towards the goals we set ourselves and in order to enable us to do that we need to develop a consistent empowering mindset. The urge to change and develop is often born out of a desire to want something more, something better, but there is a danger that this drive can become stressful and make us become 'needy'.

An excellent way to release the negative impact of wanting change is to appreciate, and be thankful for, what we already have. In our busy lives it is easy to overlook or take for granted everything around us that supports our efforts to perform at our best and achieve what we set out to do.

By focusing on what we already have automatically switches us to a more positive mindset. It is important to appreciate every small thing from the roof over our heads protecting us, to our health allowing us to take realistic steps forwards; from the ability to change our thinking to support ourselves to the support of those around us; from the skills and knowledge we already possess to the ability to continually learn more. Creating this mindset and focusing on the positive will make you feel good, relieve stress and allow more positive experiences into your life.

Tips for developing appreciation:

1. One way to start the shift is to write a list of all the things you appreciate and are thankful for over the course of a few days. From the moment you wake up be thankful for the good sleep you had allowing you to perform at your best, the food you have to sustain you through the day etc, etc. You will be amazed when you start to appreciate everything how long the list will become. This will also provide you with a boost to your self-esteem and confidence when you become more aware of the support and resources you have, which creates an excellent foundation to set action plans to achieve your goals.
2. Whilst it is vital to appreciate your own attributes it is also important to appreciate the efforts of those around you. "Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well." Voltaire - French writer and philosopher 1694–1778. Knowing those around you are performing at the best they possibly can and appreciating their efforts unconditionally, provides enormous support. It enables you to recognise different skills in others and share the benefits. By acknowledging the value in others strengthens our relationships and creates further support.
3. One way to achieve more clarity and reduce stress is to appreciate the moment you are in and everything that is supporting you in that very moment. Spending time appreciating the moment can be extremely refreshing, ease the burdens of stress and worry from either past events or those in the future, and gain greater perspective of your situation. From this, greater awareness can be gained to further develop the goals you have set.

In appreciation, thank you for taking the time to read this article.