Pat Yourself on the Back

"At times, it's important to stop what you are doing and pat yourself on the back. Take a few moments to reflect on what you've been doing and on the nature of your intentions and actions. Mentally review your accomplishments. Think about how hard you work and how much you are contributing to your goals, and to the people you are working with.

Sometimes we get going so fast that we forget to pause and reflect. When we take a moment, however, we can regain our perspective and realize that we are making a valuable contribution to ourselves, our families, the people and business we work with, and humanity. Recognizing your contribution from within yourself is actually more powerful and satisfying than hearing it from others. In fact, in order to feel good about yourself and your efforts, you must be able to compliment yourself and recognize and acknowledge your contribution form within.

Almost everyone loves to be patted on the back by others. It feels good. However, when it's not happening, don't let it get you down or adversely affect your attitude. Praise from others is never a certainty, and making it a condition of your happiness is a really bad idea. What you can do is praise yourself and pat yourself on the back. Be honest and genuine regarding your compliments. If you're doing a good job, say so. If you're working long hours, give yourself some credit. If you're making life a little better for even one person, or making any type of contribution to society, then the world is a better place because of you. You deserve to be recognized. If you'll actually take the time to do so, I think you'll find the exercise is well worth the effort (Carlson, 1998, pp. 105-106)."


When was the last time you gave yourself a pat on the back?

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