



Sacred Depths

COACH CERTIFICATION

Acknowledging & Celebrating

“ *When you can masterfully celebrate with clients, it helps to cultivate confidence, self-love, and self-compassion.* ”

Human Behavior Around Celebration (making it a hard practice)

- We tend to focus on the negative and what's not working
- We get an icky feeling when being acknowledged and would rather not be seen
- We don't want to get hopeful and then fail.
- We are taught that it's obnoxious to think highly of ourselves or our accomplishments
- We cannot see our goodness or how amazing we are because of unrealistic expectations
- We don't know how to receive
- We've already moved on to the next thing

As transformational practitioners, one of our jobs is to teach our clients how to internalize the skill of celebrating themselves.

Journaling Prompts (from class)

- How and how often were you honored and celebrated by your family of origin?
- When you were celebrated what was their motivation?
- What was the spoken or unspoken message behind the ways you were celebrated or not celebrated?
- How did role models or authority figures respond to you when you celebrated yourself?
- Do you tend to focus on the negative or on the positive?



Journaling Prompts *(deeper dive)*

- How do you respond to the idea of celebrating in your personal life?
- Beyond birthdays and anniversaries, what other ways do you practice celebrating in your life?
- How do you personally receive compliments?

A Practice

- For the next 7 days, take a few minutes every day and write down 5 things you want to celebrate.
- If you are working with clients: for each client, list out 1-2 things that you sense they are not adequately owning inside themselves or celebrating for themselves. Consider bringing it into your next session.



“Another function of celebrating is to give your client permission to be as big as they would like to be. In doing so, we are correcting patterns from their childhood that told them otherwise.”