

Subject: **Buoyant Life LLC Newsletter**

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**Buoyant Life LLC Newsletter**

Hello, friends!

As we gear up for the holidays we look forward to spending time connecting with family and friends, but we may also agonize over gift choices, spend hours shopping, and fight through crowds. These activities sometimes mar the spirit of the season, so I wanted to share the following article with you in hopes that it helps us all keep our perspective...

### **Praise and Celebrate!**

**By Kate Steinbacher**

I am convinced that praise and celebration are essential activities that are too often ignored or left for a later "more important" date. These simple activities of praise and celebration can be your gifts of the season. There is no monetary cost to take part in them: only your ability to see what you and others bring to your life and work and your heartfelt recognition of those talents. Those two abilities, vision and recognition, can bring a sense of joy to all involved.

I recently attended two major events that have adjusted my way of thinking about praise and celebration. One of the two events was a wonderful memorial service for a young and talented man. The second was a 90<sup>th</sup> Birthday Celebration for an active, caring and talented woman. Both events were tender and celebratory in nature. Both celebrated and praised the events, connections and idiosyncrasies of the lives of each person with love, warmth, tears and humor.

The 90 year old woman, walked away with a glow, openness and understanding of her value to the world that will make the rest of her time on this planet even more meaningful than it has already been. The young talented man could not walk away this time. But knowing his family and friends, he too was made aware of the gifts he brought to this world before he left us, and they in turn were comforted by the remembrances. I can also imagine this kind of celebration was the beginning of the long healing process of their great loss.

I now understand praise and celebration as vital to our ability to grasp what each of us brings to this busy world in which we live. They are activities that motivate us to greater heights and help us recognize a bit of the value we contribute and bring to light the talents and relationships for which we are grateful.

Praise and celebration do not have to mean a momentous occasion as in my experiences above. The wonder of these activities is that they are a true gift, a win-win. The person doing the praising feels great for having given it and the person on the receiving end experiences the joy of recognition.

Praise can be as simple as a thank you for a job well done or for an unpleasant task completed without having to be asked. Celebration can be for getting that first resume out and surviving your first job interview! The celebration can be a surprise balloon, or box of candy or a lunch with friends or colleagues. You can praise and celebrate yourself as well! Promise yourself that coveted CD, or a special bottle of wine upon completion of a specific goal or part of a difficult process. Or perhaps it is a peaceful walk in the park on a sunny day to celebrate and lift your spirits.

I am convinced we lose a daily opportunity to affirm our selves, our loved ones and our colleagues by neglecting these activities of praise and celebration. Lost are those precious moments of joy, empowerment, and the feeling of being respected for who we are and the gifts we bring to our connections with others.

Praise and celebration can generate the atmosphere, the energy and the motivation for all of us to accomplish more and greater things. It sets a mood of collaboration and teamwork, of willingness to give of ones self. Use them both from your heart and generously!

**Coaching Challenge:** Find simple, non-monetary ways to praise and celebrate those you love. Make a list for each family member or friend of the things they do that you admire and that make you happy to be a part of their life. Make a list for yourself of your accomplishments of this past year, perhaps some changes you have implemented in your life or your work. Perhaps it will have to do with personal growth, or recognition that a new career is in order. Praise and celebrate with heartfelt abandon!

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If you know someone who would enjoy this newsletter, please feel free to forward it.

Wishing you success and happiness in all your endeavors.

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