Recognising and celebrating our successes, no matter how "small", motivates ourselves as individuals and reinforces the purpose of our journey of hard work in the form of ap-

preciation for the achievement or steps for-



ward, no matter how small. This empowers us to take the next step, which then often will be bigger and easier, along our journey to reach our goal. The journey is as important as the destination. Take control, do it, celebrate it.

Steve Rossé Coaching Life and Professional Coaching Mindset and Motivational Coaching for Musicians, Actors & Speakers www.steverosse.com.au