

Welcome to the Art of Purpose podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation and support as you practice the art of purpose. Hello and welcome back to the Art of Purpose podcast.

I'm Gayla, your host, and I'm thrilled to be here with you today for another purposeful pause. So today in Anchorage, Alaska, it is a bit cloudy. However, it is definitely warming up and I'm so grateful for that. We had some wind there for a while that just was really kept it very chilly. And I have some dahlias waiting for me to get put them in their pots.

So I'm excited to do that here soon. And so for today, I want to share with you some thoughts on a topic that has been on my mind lately. Celebrating ourselves. It's so easy to get caught up in negative self-talk and feel like we're not doing enough or accomplishing as much as we should. But let's just take a moment to pause, rewind and shift our perspective here a bit.

Recently, I realized just how much I tend to discount my own achievements. I had a desire to create a really large art piece a while ago. And guess what? A year later, I not only created one. Yeah, I created several. In that newsletter, I wanted to start over a year ago. Well, guess what? I did it consistently every week for a whole year with only a few minor hiccups.

It made me realize just how often we diminish ourselves and forget to acknowledge things that we actually do accomplish. So here's the thing: Celebrating ourselves doesn't have to be limited to big achievements. It can be as simple as doing the laundry or preparing a lovely dinner for our families. It's about pausing and acknowledging, Hey, I did that and it feels good.

We need to pat ourselves on the back so much more often. This is just really key, I think, in building ourselves up and being more realistic because as I'm reading here recently in this fantastic book called *The Self-Talk Workout* by Rachel Goldsmith Touro, Ph.D., she talks about spotting our successes as a way to counteract excessive criticism because that is our natural negativity bias at play.

Try not to stop and truly acknowledge ourselves for the good that we are doing. It's a chance to recalibrate our thoughts, redirect our attention and uplift our aspects and rewire those negative beliefs that we have and carry about ourselves that really are just not true. This process isn't about inflating our egos. It's about going beneath that surface and rewiring those embedded thoughts that make us think poorly about ourselves.

Tara also reminds us that, you know what, That self criticism is really not motivating us. We think it may be. However, it is not. And when we really understand that this can be a game changer, it's an opportunity to genuinely look at the things we're accomplishing and recognize our worth and create new pathways in the brain. Now, I know it's easy to discount our achievements and rationalize them away.

However, I want to challenge you today. I want you to question those beliefs and see the abundance of good that exists underneath. It's time to celebrate ourselves. It's time to celebrate you. So get started. I invite you to mentally or physically write down a list of all the little things that you know, little or big things that you've accomplished.

And this could be in one of these today. Or it could be over the last week, month or year. Whatever resonates with you, it does go ahead and take the time to acknowledge yourself for who you are and embrace it. Start with the seemingly mundane tasks or actions you think are not worthy or not at all worth celebrating.

So whether it's getting out of bed or feeding your cat, each act matters. This practice of self acknowledgment will gradually decrease self-criticism and allow you to fully appreciate your worth and help. You know, basically, let's feel better about ourselves. Imagine what can happen in a couple of weeks when we consistently acknowledge ourselves and embrace our accomplishments. I am genuinely excited to see the positive impact it will have on our lives.

Thank you for joining me today. Your presence means a lot to me and I look forward to sharing more thoughts and insights with you next week. So until then, remember to celebrate yourself and keep embracing the art of purpose in your life. So, hey, if this episode resonated with you, I would love to be a part of your continued journey to find more peace, ease and wellness in your day to day.

So if you haven't joined yet, you can still absolutely get in on all the goodness that's in store inside the Summer of Purpose. It's free, it's easy, and it's full of actionable steps to assist you on your journey. This is a promotion intended to bring together anyone who wants to be inspired, uplifted and guided toward a more intentional, joyful summer in life.

It includes a speaker series of both myself and some other women that I just cannot wait to introduce you to. And together, we're going to walk you through setting intention and improving your life in four key areas. We're going to talk about emotional well-being, spiritual growth, physical wellness and creative experimentation. And remember, it is absolutely free. So here's what you need to do to participate and get in and all the insights we'll be bringing you.

First, head to the link at the top of this episode summary and enter your email address. From there, you'll get access to your free Summer of Purpose Guide and you'll start receiving regular updates about our Speaker series right into your inbox. Remember to find me on social media, and that's where our speaker series will be held, along with weekly inspiration.

Again, head to the link in episode description and join now. I look forward to sharing with you and building up a community of folks like you. Ready to have a more intentionally inspired summer and life.

Thank you for listening to the Art of Purpose podcast. I hope you found today's episode insightful and inspiring. If you enjoyed our time together, please take a moment to rate and review this show on your favorite podcast platform. Your feedback helps us reach more people and spread the message of personal growth and self-discovery. Also, be sure to subscribe so you never miss an episode.

And for more daily inspiration, follow me on Instagram. My handle is at Gayla Designs. That's g-a-y L.A. Designs. Or go to daily designs dot com and subscribe to my email list. Thank you for being a part of this community. I look forward to sharing more insights and encouragement with you on the next episode of The Art of Purpose podcast.