



Mindset Musing #5: Write a Ta-Da List

Nothing builds self-esteem and self-confidence like accomplishment.

~Thomas Carlyle

We all have To Do lists. We all make great plans for ourselves and set glorious goals. We have heard all the advice. “Plan your work. Work your plan.” “Failing to plan is planning to fail.” If we’re not careful, we can get discouraged when we look at those lists and plans at the end of the day, or the week, or the month.

Here is a surefire way to gain perspective on how you are really doing. Celebrate your accomplishments by writing a Ta-Da list. Write down all the things you accomplish whether it is on your To Do list or not.

Every day, important surprises happen. They are not in our plans but we have to deal with them anyway. As my favorite philosopher, John Lennon, said, “Life is what happens while you’re busy making other plans.” Starting today give yourself credit for how well you are handling life as it presents itself to you. Be sure that your Ta-Da list includes all the things you did that weren’t on that To Do list, weekly plan, or quarterly goal sheet.

Remember all the fires you put out, the emergencies you attended to, the colleagues you helped, and opportunities you responded to.

Read your Ta-Da list out loud even if you are alone. Then take a bow and say, “Ta-Da!”

Copyright 2013 © Materials are copyright by Dianne Morr.
They are not to be shared with, distributed to, or photocopied for any person without written permission of Morr Creative, Inc.