

I celebrate milestones

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I pay attention to the significant moments in my life, and celebrate the events that define me. I mark each milestone and ponder the lessons that it teaches me.

I welcome rites of passage, like moving into my first apartment and starting a family.

I feel more closely connected with others when I think about the milestones that we have in common. I can empathize with strangers from different walks of life when we share stories about our first heartbreak or the last day of high school.

I create rituals for birthdays and anniversaries. I review my progress and make new plans that motivate me to keep striving.

I acknowledge that change is inevitable. **I embrace opportunities for transformation.** I open up my mind to more possibilities. I ask others for their guidance and feedback. I learn to take sensible risks and live with uncertainty.

I find meaning in milestones. Setbacks motivate me to explore alternative solutions. I find the courage to reinvent myself.

I memorialize grand events and modest accomplishments. I take satisfaction in landing a big client or baking my first loaf of sourdough bread.

Today, I savor the stages of life. Thinking about how far I have come gives me the confidence to start taking steps towards my next goal. I celebrate each milestone I reach, and enjoy the journey in between one landmark and the next.

Self-Reflection Questions:

1. How would I describe one major turning point in my life?
2. Why is it important to follow my own path instead of worrying about living up to arbitrary expectations?
3. What is the next milestone I am looking forward to?