

## Savor the Small Wins

Many of us continue to navigate through uncertain times, so we need to find ways to stay motivated and persevere.

As we should deal with problems one step at a time to find solutions, it's also important to receive successes in the same way.

Savoring each of your small successes can keep you motivated and positive, especially when you are experiencing adversity. For example, if you are juggling several projects at one time and facing some aggressive deadlines, celebrate the completion of tasks within that work as it's a sign of progress.

Celebrating small wins can give you a welcome break from stress and negativity, and it also builds resilience to encourage you to keep going.

