

Achievement



We all need to feel that there is something in this world that we are good at. It can be absolutely anything, but without a sense of achievement we usually feel that something is lacking. We may feel confident in our abilities at work or we may fill this need through a hobby, through making others laugh or through our friends or families. However we achieve it we need to develop at least one skill in which we can feel capable.

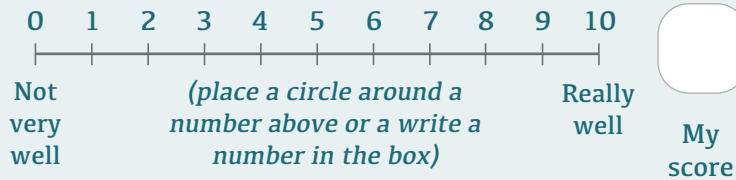
It is important to experience the feeling of *“I’m glad I did that”*. It matters less whether it is a tiny achievement or a great one. If you can say *“I’m glad I did that”* then it counts.

If we are deprived of this sense of achievement we can feel ‘bored’ or ‘not needed’ – both of which cause stress. We can gain the sense of achievement by setting ourselves goals and challenges such as doing or learning something new.

If we are driven to achieving above all else we can quickly become exhausted and ‘burnt out’.

Describe something that you did recently that you feel proud of ...

How well is your innate need for achievement met?



Describe something that you would like to achieve ...

What you do over the next few days to help this to happen?



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Any other thoughts?