

EXPLORE YOUR ENTHUSIASM

EPISODE 110: THE POWER OF REVIEW AND CELEBRATION

Last week was my birthday, and as I do every year, I spent a good long time reviewing my year, my life, my goals, and where I want to go next. Today I'm going to share more about how I do that, and why I build it into every program I offer.

What kind of review I do at my birthday

- ★ Year-so-far
- ★ The entire last year, June to June
- ★ My life! What's the story of my life so far?

I've written about my birthday online for 7 years!

- ★ [33](#)
- ★ [32](#)
- ★ [31](#)
- ★ [30](#)
- ★ [29](#) (I opened the Starship!)
- ★ [28](#) (I launched TaraSwiger.com!)
- ★ [27](#)

I have built review + celebration into EVERYTHING I teach!

- ★ [#monthofbizlove](#) (reviewing the month is Challenge 6)
- ★ [Periscope](#): I hold weekly Priority Setting on Mondays, and celebrations on Friday where everyone can share their successes.
- ★ [Starship](#) weekly chat starts with "what's going well?" (This reorients us into a place of positivity and creativity.)
- ★ [Lift Off](#) and [Starship](#) both start with setting your goals, then reviewing your progress monthly.

Monthly review:

What went really well in your business last month?

What didn't go as planned?

What did you learn?

What goal did you reach last month?

What do you want to celebrate?

How much did you make in sales? \$_____

How does that compare to your goal?

What caused the difference?

What might you try differently next month?

Why is celebration important?

- It's So easy to forget about all that we've accomplished.
- Power of small wins (it keeps you motivated and productive)