

Consolidate Your Achievements and Your Progress

People often talk in terms of climbing the career ladder, and competitiveness in the workplace tends to encourage this notion. However, I would like to suggest an alternative way of looking at things that may be more conducive both to productivity and happiness. 'Climbing a ladder' implies that you have to continually keep taking the next step upwards, and this can lead to burnout and a failure to develop a sense of achievement. Rather than consolidating on what you *have* achieved, you keep looking to the next rung to be mounted. It can feel like being on a treadmill, or on a merry-go-round from which you cannot step off.

I believe it is important to build on your foundations, for it is only from a firm base that we can truly rise. Instead of the ladder analogy, I prefer to think in terms of a series of steps, broken up periodically by level patches of ground like landing stages. When you have climbed a few steps, you can rest on the level, before attempting the next set of steps. This gives you the opportunity to pause, look back to where you have come from and consolidate on what you have achieved so far, much as a mountain climber rests occasionally to look down and admire the view, and to appreciate their progress. It gives you a chance to assimilate things, as well as the strength to carry on - feelings not often achieved if you are facing a never-ending series of rungs.

To take an example, if you are decorating a room at home, the chances are that when you have completed one wall, you stand back and admire your handiwork before starting on the next wall. So why not take this approach in other areas of your life? Pausing to pat yourself on the back and appreciate what you *have* done, can restore your energy levels, increase your confidence, and give you a real sense of progress. Or it may be that you have a series of tasks to complete, whether at work or in the home, and again I would suggest taking a pause between completing one task and starting the next. Allowing your batteries to re-charge in this way can actually help us to maintain momentum and enthusiasm, create a sense of personal satisfaction, and make it likely that you will achieve more in the long run.

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