

## The Struggle

At the end of the day, it's not uncommon to feel like all you've done is spin your wheels. Did you actually accomplish anything?

I bet you did! And it can be super helpful if you take the time to recognize that progress.

## Today's Takeaways

Recognizing and celebrating progress can help you find clarity and build momentum for your business or side project. It will have non-trivial impact on your mood, productivity, creativity, energy, and motivation.

- When you can see and recognize the progress you're making, it builds up motivation and momentum.
- By fostering gratitude, you're also building up your baseline level of happiness. Which, in turn, means that you actually are more likely to be successful. You're strengthening self awareness which helps you to improve your life on a daily basis.
- You're giving advice to your future self by documenting your challenges, and what you're doing to overcome them on a daily basis. This can, in turn, be a very helpful reference point for your future self.

# What To Do

Today, I want you to get a journal, a piece of paper, or whatever, and write down your honest answers to these two questions:

1. What did you accomplish today that was important?
2. What are two things you're thankful for in your life right now?

## Additional Resources

- \* [The Importance of Donuts](#), an article by Lara Hogan
- \* [Celebrate Progress](#), an article by Shawn Blanc
- \* [The Progress Principle](#), a video by Teresa Amabile

*The Elements of Focus is a free class about making time,  
finding clarity, and gaining traction in your passion.*

*Brought to you by Shawn Blanc and [The Focus Course](#).*