

Celebrating Achievements – Reflecting on Success and Progress



Upper-intermediate (B2-C1)

Part 1. Read the statements below. Decide whether you agree, disagree, or partially agree and explain why.

1. If no one sees it, it doesn't really feel like an achievement.
2. Resting after a difficult period should count as success.
3. If you're not moving forward, you're falling behind.
4. Some achievements feel awkward to celebrate.
5. Small wins matter more than big milestones.

Part 2. Look at the list below. Decide whether each example feels more like a big win or a quiet win for you.

1. Finishing a long project
2. Setting a boundary with someone
3. Staying consistent with a habit
4. Getting through a tough week
5. Changing your mindset about something
6. Allowing yourself to rest

Discuss:

- Which type do you celebrate more often?
- Which feels more meaningful?
- Which do you usually ignore?



Part 3. Read the statements. Choose one that feels familiar and explain why.

1. "I achieve something, then immediately think about what's next."
2. "Achievements feel good – but only for a short time."
3. "I rarely stop to feel proud before moving on."
4. "If I relax, I feel like I'm falling behind."
5. "Success feels harder to enjoy than it used to."

Discuss:

- When did you first notice this pattern?
- Do you think this is personal, cultural, or social?
- Is this mindset helpful, exhausting, or both?

Part 4. Complete the sentences with your own ideas.

1. I'd feel more proud of this achievement if _____.
2. It doesn't feel like enough because _____.
3. I tend to move the goalposts when _____.
4. I find it easier to acknowledge progress when _____.
5. Small rewards work best for me when _____.

Part 5. Discuss the following questions.

1. How comfortable are people in your culture with celebrating achievements?
2. Is modesty valued more than confidence?
3. How are achievements usually recognised – publicly or privately?
4. When does celebration feel uncomfortable or inappropriate?



Part 6. Discuss the situations below.

1. Someone close to you achieves something you're still working towards.
2. You see constant success stories on social media.
3. Your effort is high, but recognition is low.

Discuss:

- Does comparison cancel out achievement?
- How does it change the way success feels?
- What helps you stay grounded?

Part 7. Think of one real achievement from your life. Talk about it three times, each time focusing on something different:

Effort

What did this require from you – mentally, emotionally, or practically?

Change

What did this achievement change for you (confidence, habits, perspective)?

Meaning

Why does this matter to you, even if it doesn't look impressive to others?

Discuss:

- Which version felt easiest to talk about?
- Which felt most meaningful?
- Which one do you usually ignore?



Part 8. Discuss the situations.

Someone says: "You should be really proud of yourself."

How do you usually respond?

Someone celebrates your success more than you do.

How does that feel?

You achieve something important, but no one notices.

Does it still count?

Discuss:

- Why do people downplay achievements?
- What's the difference between confidence and showing off?
- What feels like a healthy response to praise?

REFLECTION

Complete the sentences with your own ideas.

1. One achievement I rarely celebrate is _____.
2. One quiet win I want to recognise more is _____.
3. Success for me is starting to look more like _____.

