OCTOBER 27

Recognize Progress

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Progress is not always obvious, but small improvements happen every day. Taking time to recognize growth helps build confidence and motivation.



Recognize Improvements

Take a moment to reflect on your day. Some examples of reflections you can think about are: What did I handle better today? What felt easier compared to before? What skill or habit improved?

Acknowledge Effort

Progress includes effort, not just results. Acknowledge the effort that you are making. Did you keep going on a goal even when it was difficult? Have you had any success with consistency? Remember, every effort counts.

Choose how you will

Recognize Progress

Build Confidence

Recognizing progress helps to build confidence overall in many different ways. For example, it can improve your inner motivation and encourage consistency.

Value Small Wins

Even if your progress isn't where you'd like it to be, even small wins matter. Remember that growth takes time, and every step forward counts towards what you're ultimately building.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

Quick Progress Scan (30 seconds)

- Did I improve something today?
- Did I stay consistent?
- Did I take a small step forward?

Read:
How Celebrating Small Wins Helps Your Mental Health

Workplace Tips

For Leaders

Highlight team progress regularly, not just outcomes. Acknowledging small improvements builds engagement and trust. It's a great way to improve company culture.

For Team Members

Take a moment to recognize your own progress and appreciate your efforts, even in small ways. Again, every step forward counts!

"Success is the sum of small efforts, repeated day in and day out."

–Robert Collier (author)

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