Beat: Lifestyle

Finding Positivity in Our Everyday Victories

Even Little Things Can Mean A Lot

Hungary, 20.04.2022, 06:17 Time

USPA NEWS - From finding a $20 bill in an old jacket to finally finishing a TV series on the watchlist, the average person has four small wins a day, or 1,460 every year, according to a new survey.

A poll of 2,004 Americans delved into the impact of life's little successes and found that four in five have become more conscious of their small wins since the start of the pandemic. 87% find these wins to be crucial for powering through the day, according to the survey conducted by OnePoll for TGI Fridays. So much so, 67% have made a conscious effort to recognize and celebrate them more, compared to before the pandemic.

Baby boomers said completing chores, decorating for the season, and other home-related goals, are the most satisfying types of small wins to achieve. When it comes to self-care, 92% of all respondents have been exploring different methods of maintaining personal wellness, and 87% said recognizing any small wins each day is a crucial form of self-care.

Respondents also listed things such as paying off a bill or hitting a savings goal (56%), and sweet surprises like getting a free cup of coffee or finding a great parking spot (53%) as other small wins worth celebrating. No matter the achievement, however, 82% said there's no such thing as a win being "too small" to celebrate. Nine in 10 said these small wins have a positive impact on their mental health and 82% agree they are the key to having a good day.

Best ways to celebrate small wins?

Fifty-four percent said telling friends and family about small successes is the best way to savor it. Half said treating yourself to a special dinner or a cocktail is another great way to celebrate.

MOST SATISFYING SMALL WINS

Hearing new music for the first time
Completing self-care activity
Finishing watching a TV series
Paying a bill off
Achieving a savings goal
Completing chores
Decorating for the season
Finding money in old clothes
Getting the best parking spot
Trying a new food for the first time
Achieving a fitness goal
Reading a book
Learning to cook a new dish
Arriving just in time
Fixing a typo before hitting send
Getting off work early

HOW AMERICANS HAVE PRACTICED SELF-CARE SINCE START OF PANDEMIC

Spending quality time with loved ones – 48%
Not taking anything for granted – 42%
Writing down goals, small wins big successes in a journal – 42%
Exercising/doing yoga – 42%

Spending more time outdoors – 40%
Having more celebrations, even for small things – 40%
Unplugging from social media – 32%

Thank you for reading my article. These are merely my thoughts and insights based on the facts. I use only verified sources. No fake news here. I write about a variety of subjects, mainly things I want to research and know more about. You can check out my website – Small Village Life at smallvillagelife.com, where I share useful articles and news.

Wendy writes for the United States Press Agency and is a former columnist with the Fulton County Expositor, Wauseon, Ohio.

Source: OnePoll

Article online:
https://www.uspa24.com/bericht-20521/finding-positivity-in-our-everyday-victories.html

Editorial office and responsibility:
V.i.S.d.P. & Sect. 6 MDStV (German Interstate Media Services Agreement): Wendy Westhoven

Exemption from liability:
The publisher shall assume no liability for the accuracy or completeness of the published report and is merely providing space for the submission of and access to third-party content. Liability for the content of a report lies solely with the author of such report. Wendy Westhoven

Editorial program service of General News Agency:
UPA United Press Agency LTD
483 Green Lanes
UK, London N13NV 4BS
contact (at) unitedpressagency.com
Official Federal Reg. No. 7442619