

GUMPTIONWORK

Counting Kudos

Make Excellence Visible

You can find a blank template for your own kudos list online at www.gumptionade.com/kudos

Make a record of your history of excellence in whatever format works best for you. Here are excerpts from your author's "Kudos List" over a couple of years to show you one way to do it. I build the list by recording examples of personal excellence, large and small, as I recall them. I read them every once in a while to remind myself.

Scale:

- ☆ Excellence is small but noteworthy
- ☆ Excellence is medium
- ☆ A large chunk o' excellence
- ☆ **Jumbo excellence**

2014

- ☆ Remembered to not eat breakfast and get to doctor's office on time for lab work.
- ☆ Went to 3-hour evening seminar with D, because she wanted to.
- ☆ Remembered to notice D's new hairstyle and compliment her on it.
- ☆ Got AT&T to upgrade me after internet connection went down.
- ☆ Changed password on my bank account.
- ☆ Made dinner *and* cleaned it up for tired wife.
- ☆ Walked to grocery store for exercise, got fresh tomatoes for dinner.
- ☆ Finished *Gumptionade* Draft #7.

GUMPTIONWORK

- ☆ Sat through awful foodie movie because D wanted to see it.
- ☆ Attended the Outreach meeting after church.
- ☆ Heavy weights workout at the Y.
- ☆ Called B just to say hello.
- ☆ Kept my working discipline and did not read emails constantly all day.
- ☆ Picked up T from rehab so she could go to the church dinner.
- ☆ Got a jump on finding a copy editor today, a few weeks before I will need one.
- ☆ Filed Pastoral Care team report on time.
- ☆ Fixed the new business proposal immediately after getting request for changes.
- ☆ Resisted binge-watching *Orange is the New Black*, so I could get up early and write.
- ☆ Swam 45 minutes at the Y when I really didn't feel like it.
- ☆ Called sister on her birthday.
- ☆ 40 minutes of exercise on the elliptical in hot attic.
- ☆ Did not eat any of the cupcakes served after church.
- ☆ Figured out how to stream shows from Netflix onto the TV.
- ☆ 401k deposit made on time.
- ☆ Sent out client billing for July on August 1!
- ☆ Wrapped D's birthday presents the night before, so they would be on the breakfast table when she woke up.
- ☆ Turned off the TV and went to bed at a decent hour so I could be up early to write.
- ☆ Programmed new garage door remote.
- ☆ Remembered to do change of address at bank (had to be done in person) when I deposited a check.
- ☆ Researched two Network Solutions charges on my Amex bill, found out they were not something I ordered and got the promise of a full refund – over \$100!
- ☆ Birthday gift for sister.
- ☆ Was patient, did not jump on B for not making appointment with F, and it turned out not really to be B's fault.
- ☆ I salute you for getting this far in my kudos list!

GUMPTIONWORK

- ☆ Picked up veggies for tonight's dinner on the way back from the bank.
- ☆ Swam for 45 minutes after work.
- ☆ **Completed project for FM: doing what you said you would do, when you said you would do it, despite unforeseen difficulties.**
- ☆ K, M and E comments on *Gumptionade* draft #5 reviewed and followed-up on.
- ☆ Pastoral care visits made on the way home from church.
- ☆ Battery, tires and oil change for the Corolla.
- ☆ N says *Gumptionade* is "ready to go" to press.
- ☆ Made that uncomfortable call to Smith, re: Payne.
- ☆ Gift sent to S: gratitude expressed promptly.

2013

- ☆ 300+ workouts in 2013.
- ☆ Good meeting with J.
- ☆ **Gumptionade draft #5 off to M.**
- ☆ Good meetings w J and P.
- ☆ G to ER in Bridgeport in the middle of the night.
- ☆ Mounted guitar on wall of office.
- ☆ 4 letters to Uncle G in October.
- ☆ Kicked-off Ireland trip planning.
- ☆ Project follow up, to show S and T that I do what I say I will do.
- ☆ M&A call with Consultant.
- ☆ Practicing w online meeting product.
- ☆ Drove L to the municipal lot—in the middle of the workday—so she could reclaim her car that was towed.
- ☆ If you are *still* reading my kudos list, go to www.gumptionade.com/dream-reader and claim a prize.
- ☆ Sf.com work for client – taking my capabilities up a notch.
- ☆ Amex green card: miles transferred off, card closed.
- ☆ SodaStream® refill. What a pain. First world problem.
- ☆ **Patience with D, with myself.**

