



Pride in Achievement

In a nutshell: *Pride in achievement is reflective of a personal or collective achievement. Pride is important for your mental well-being because it's a strength building exercise. It's a way to recognize what you're doing well and what you can achieve.*

Pride is related to feelings of confidence and achievement and is associated with a psychologically healthy and socially desirable personality marked by high levels of agreeableness and conscientiousness, intrinsic motivation, perseverance, and a tendency to engage in a range of prosocial behaviours, including empathy and respect.

Pride needs to be contextualized for every individual. For instance, for someone suffering from depression and unable to get out of bed most days, pride would be noticing that on most days that week you did get out of bed.

Goal setting is a good way to build up pride. Whether it is a long term or a short-term goal, in a team setting or an individual basis, true pride is a reflection that it took effort to get achieve your goal.

People have different associations with pride due to familial and/or cultural associations with having pride, so it's important for us to understand if this relates. Some people view pride as being self-indulgent, which in it's true essence it isn't really.

Put into practice: *Start noting down your achievements and the corresponding feeling once you've achieved something. Create realistic goals for each week and reflect on them at the end of the week.*

AXA is committed to help people to become 'fit to flourish'. To learn more, click [here](#).

- By Allison Heiliczer, *Rethink The Couch*.