Here's why you should throw yourself a party the next time you reach a goal!

By Kellie McPherson

If you've had a major career advancement, you've spent a lot of time thinking about this big issue. Seeing new advancements, celebrating hard work and a job well done. And, you're ready to move forward. Now, it's time to throw a party.

Celebrating your wins marks progress, rocks your position, maybe even gives you a confidence boost. Nothing says you've done it right, nothing says you've accomplished your goals like a party. You've worked hard, and now it's time to enjoy the fruits of your labor.

Celebration is the key to happiness. It's the key to happiness. It's the key to happiness. It's the key to happiness. It's the key to happiness.

Celebrating allows you to set bigger and grander goals. It's the key to happiness. It's the key to happiness. It's the key to happiness. It's the key to happiness.

When you celebrate, you become more attached to others' wins, too. And that's the key to happiness.

You don't need a big bash to celebrate your wins. A simple gathering with close friends and family can do the trick.

You can celebrate your wins in a variety of ways. You can celebrate your wins on Social Media. You can celebrate your wins on Social Media. You can celebrate your wins on Social Media.

Celebrating breeds gratitude. When you're focused on what you're grateful for, you're more likely to get the most out of your achievements. You're more likely to get the most out of your achievements. You're more likely to get the most out of your achievements.

Invitations are invitations to reflect. As an achievement, you're making a move or a decision as a result of the hard work you've put in to get to this point. You're taking a moment to appreciate the journey, the road you've traveled, the obstacles you've overcome.

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Ximena Vangagno is a designer, researcher, writer, and director whose work on personal and professional development has been featured in Inc., Fast Company, and Forbes. She is the author of "The Design of You" (2016). Her work has been featured in The Wall Street Journal, the New York Times, and Forbes. She is on Twitter and LinkedIn.

Start the knowledge!

By Kellie McPherson

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In the interview, McPherson shares her tips for celebrating key milestones in your career.

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