

WHAT IS THE POWER OF APPRECIATION?

3 LEVELS:

- 1) APPRECIATION (ATTITUDE/PERSPECTIVE)**
- 2) ACKNOWLEDGEMENT (APPRECIATIVE ACTIONS)**
- 3) RECOGNITION (REWARDS)**

"In every human being there is both garbage and gold, it is up to us to choose what we pay attention to."

- Werner Erhard

TIPS FOR EFFECTIVELY APPRECIATING OTHERS:

- 1. LOOK FOR THINGS TO APPRECIATE**
- 2. BE REAL**
- 3. BE SPECIFIC**
- 4. PERSONALIZE IT**
- 5. APPRECIATE YOURSELF ***

THE POWER OF APPRECIATION

SIMPLE ACTS OF APPRECIATION:

FOR OTHERS:

- **WRITE AT LEAST ONE HEARTFELT THANK YOU NOTE EACH WEEK**
- **START OFF MEETINGS WITH EVERYONE TALKING ABOUT THINGS THEY APPRECIATE ABOUT THE ORGANIZATION AND EACH OTHER – GOOD STUFF**
- **LET PEOPLE KNOW WHAT YOU APPRECIATE ABOUT THEM – RIGHT NOW**
- **SEND AN EMAIL TO YOUR SUPERVISOR PRAISING THE PEOPLE ON YOUR TEAM AND CC THEM**
- **ASK PEOPLE WHAT WOULD HAVE THEM FEEL APPRECIATED AND HOW THEY LIKE TO BE ACKNOWLEDGED**

“Kind words can be short and easy to speak, but their echoes are truly endless.”

-Mother Teresa

FOR YOURSELF:

- **TAKE TIME TO PAT YOURSELF ON THE BACK**
- **WHEN PEOPLE GIVE YOU A COMPLIMENT SAY “THANK YOU” AND LET IT IN**
- **LET PEOPLE KNOW HOW TO APPRECIATE AND MOTIVATE YOU**
- **SEND YOURSELF POSITIVE EMAILS**
- **CREATE A “SUNSHINE FILE” FOR YOURSELF**