



The art of appreciation


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## Definition of appreciation

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- Increase the value of...
- Recognition and enjoyment of the good qualities of someone or something

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Appreciation: a feeling or expression of admiration, approval or gratitude

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Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary.

Margaret Cousins



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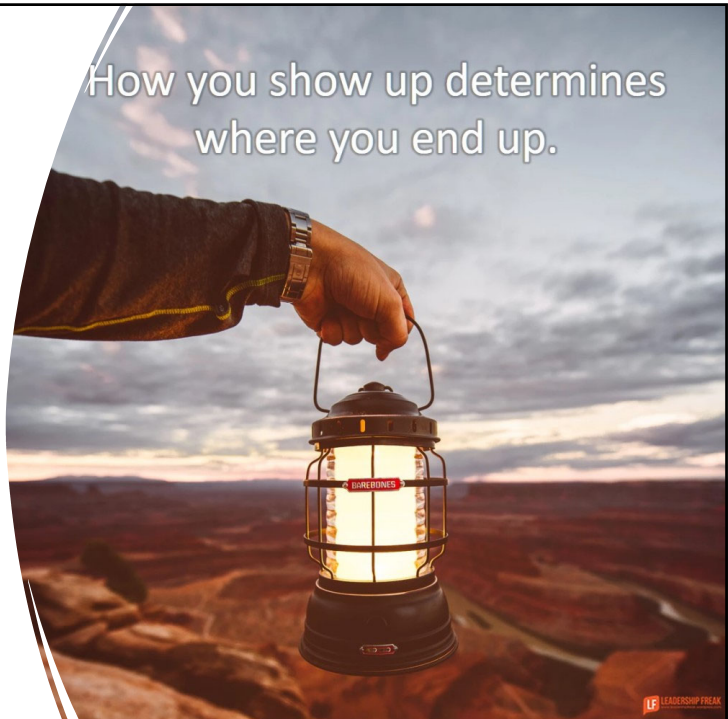
A	= Acknowledge
P	= Pay attention
P	= Purposeful
R	= Recognition
E	= Enjoy others
C	= Compliments
I	= Impactful
A	= Awareness/admiration
T	= Thankfulness
I	= Interest—creates value
O	= Opportunities
N	= Neuroscience

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## It's how you show up

- Not what you know or do
- Trauma occurred in the context of relationship and will be healed in the context of relationship
- Create psychological safety: to be seen, heard and valued

How you show up determines where you end up.



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The deepest craving of human nature is the need to be appreciated.  
William James

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## Neuroscience benefits of gratitude

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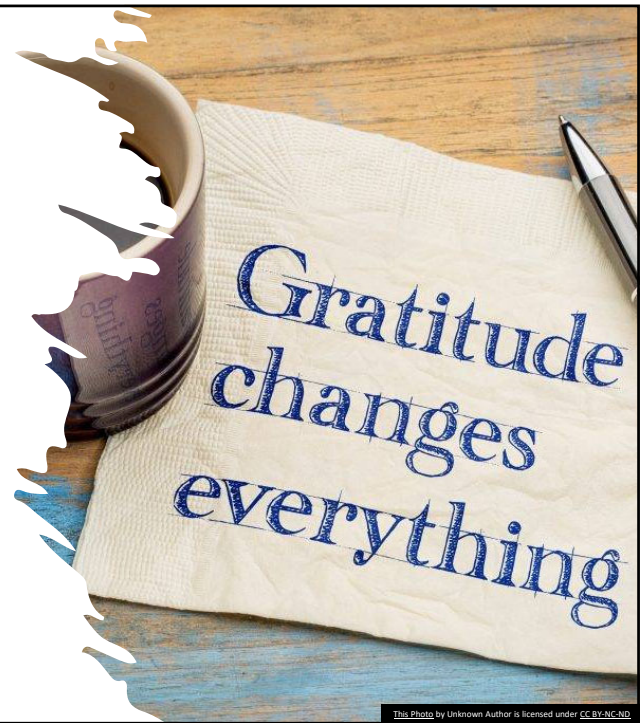
In positive psychology research, gratitude is strongly and consistently associated with greater happiness.



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Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.



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## Benefits of Gratitude

- Gratitude opens the door to more relationships.
- Gratitude improves psychological health.
- Gratitude improves physical health.
- Gratitude enhances [empathy](#) and reduces [aggression](#).
- Grateful people sleep better.
- Gratitude improves [self-esteem](#).
- Gratitude increases mental strength. (Psychology Today)

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The Second agreement: don't take anything personally

- If someone says, "hey, you are so stupid" without knowing you, it's about them, not you.
- When we take something personally, we make the assumption that they know what is in our world, and we try to impose our world on their world.



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The Third agreement: don't make assumptions

- The problem with making assumptions is that we believe they are the truth.
- We make an assumption, we misunderstand, we take it personally, and we end up creating a whole big drama for nothing.



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The Fourth agreement:  
always do your best

- This is the agreement that allows the others to become deeply ingrained habits.
- Under any circumstance, do your best, not more or not less.
- Your best may fluctuate depending on where you are in your day (morning vs. night, hungry, tired).



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What one thing  
can you do  
today to show  
appreciation?

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So  
today....with  
humble  
gratitude  
and  
appreciation

We celebrate  
YOU!



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