

#2 Kinds of Appreciations

Make a Difference: We all enjoyed hearing how we have positively impacted the life of another. Who has made a big difference in your life? These are some of great opening lines. "Thank you for making a big difference in my life." "My life is more valuable with you in it. I am pleased to reflect back all that I have received from you." Then explain in detail how their actions have effected you. Many times the person being acknowledged will share that they were unaware of their effect.

We can make a world of difference one appreciation at a time.

Certificate of Appreciation: Who has inspired you? Send hand written thank you notes. Create certificates of appreciation. Leave messages of gratitude on answering machine so they can listen again and again. Give an award thanking them for the impact they had on you. Create a certificate of appreciation for a friend and frame it. On it, list the special virtues this person brings to the relationship. They will feel appreciated every time they look at it. Call or write someone now. Make a special delivery.

Compliments: When we compliment someone, their frequent response is, "No one has ever complimented me in that way before." The act of appreciation is a nurturing form of feedback and encouragement, expressing your care for another. Fortunately for the world, there is no shortage of people who deserve to be recognized for their virtues, great and small.

Best Effort: There is a tendency to only celebrate when someone completes a big project or breaks a world record. Small victories need to be honored. Pay attention to small success and celebrate them. Appreciate someone for do their best not just for the best person.

Gifts: Gifts are a "funtastic" way to show appreciation. The gift represents and is a ongoing reminder of the hard work and the gratitude of the group. Even the smallest gift serves as a positive reinforcement to all.

Letters of Appreciation: People consistently report how they enjoy receiving a hand written letter of appreciation.

Greetings & Good-byes: are a particularly good time to share your feelings. The smile on your face quickly transmits your appreciation. Thank your friends for their acts of love and reflect on the wonderful insights and adventures you have experienced together. Tell them how you want to be appreciated and ask them what they desire in the continuing relationship.

Touch: How we respectfully touch a person conveys our appreciation for them.

Thank You!: Observe and count the number of times you say and hear this simple words.

Words & Phrases: Here is a list of some of the language that expresses the notion of positive regard. Add words or a phrases like these several times a day. Your tone, attitude and emotion give these words their energetic boost.

Clever
Bravo
Dynamite
Excellent
Fantastic
Great
Marvelous
Thanks
Sensational
Superb
Terrific
Wonderful
Wow
Very good
That's much better
Good job
Keep it up
Good thinking
I like it
I'm proud of you
Your right
Way to go
Good for you
Best ever
I appreciate your hard work
Right on
You out did yourself

I am Glad that did not happen!: Just for fun get together with a friend and make a list of all the things you are thankful that did not go wrong today, like the mistakes you did not make.