

## Appreciations

Appreciations are the basic building blocks for a good life on every level all the time. Just increasing the number of appreciations we think and speak to ourselves and each other each day is all the spiritual practice we would ever need to become a fully evolved human being.

Here are some questions you could ask yourself to stimulate appreciations.

### **For Self:**

What am I grateful for about the earth, the sky, the animals, the waters, the winds, the trees ...?

What do I appreciate about my body, my brain, my health, my energy, my essence ...?

What do I appreciate about my house, my children, my partner, my work, my dreams ...?

What do I appreciate about my skills, my gifts, my knowledge ...?

What do I appreciate about my creativity, the way I dress, the way I create my living space ...?

### **For Others:**

What could you appreciate about this person right in this moment?

What is particularly wonderful, amazing, or awesome about this person?

What is unique about this person's contribution to the world?

How does this person show up in my life, in community, in groups?

What strengths do I notice about this person?

How does this person help me or others?

What is unusual or interesting about how this person uses their creativity?

How has this person said yes to me?

What makes me happy when I am around this person?

How does this person give me attention?

What are ways this person always shows up?

What agreements do this person always keeps?

What amazing things has this person already done in their life?

What have I learned from this person?

How has this person supported you in your journey??

How does this person manage change or challenges?

How does this person relate to spirit?

**Some Appreciation Sentence Stems:**

I love the way I/ you ...

I love how I / you ...

I notice I/ you...

Thank you for ...

I am grateful that ...

I see my/ your ...

I appreciate that you have ...

I appreciate your

I am amazed at ...

I consistently see ...

**Look for New Ways - Shine a light!!**