

# 30 DAYS OF CORPORATE APPRECIATION

*What you put your attention on grows in value*

**Instructions:** Each day share an appreciation with someone you work with.

1. Give the appreciation face to face whenever possible.
2. The next best option is to give the appreciation live on the phone.
3. If you can't get the person live on the phone, leave them a voice mail.
4. The final option is to send an email, text, or write a note.

## DAY 1

I appreciate how you take responsibility for \_\_\_\_.

## DAY 2

One way in which you have grown that I appreciate is \_\_\_\_.

## DAY 3

I appreciate that you expressed your (anger, fear, sadness, joy, sexual feelings) about \_\_\_\_.

## DAY 4

I appreciate you for your candor when you \_\_\_\_.

## DAY 5

I appreciate the way you spoke directly to \_\_\_\_ about \_\_\_\_.

## DAY 6

Around agreements, I appreciate how you \_\_\_\_.

## DAY 7

I appreciate the way you value \_\_\_\_.

## DAY 8

Something that I really appreciate you do without drawing attention to it is \_\_\_\_.

## DAY 9

I appreciate how you maintain balance in your life by \_\_\_\_.

## DAY 10

I appreciate how you invited me to see \_\_\_\_ differently.

## DAY 11

I appreciate how you have let go of control around \_\_\_\_.

## DAY 12

I appreciate your unique genius quality of \_\_\_\_.

## DAY 13

One thing about the way you handle adversity that I appreciate is \_\_\_\_.

## DAY 14

I appreciate how you created a win-for-all by \_\_\_\_.

## DAY 15

I appreciate how you resolved \_\_\_\_ by \_\_\_\_.

## DAY 16

I appreciate how you take initiative by \_\_\_\_.

## DAY 17

I appreciate how you shifted your issue about \_\_\_\_ by \_\_\_\_.

## DAY 18

I appreciate how you model expressing healthy (anger, fear, sadness, joy, sexual feelings) by \_\_\_\_.

## DAY 19

One thing I really appreciate about the way you listen is \_\_\_\_.

## DAY 20

I appreciate you for speaking directly to me about \_\_\_\_.

## DAY 21

I appreciate the way you help our company stay in integrity by \_\_\_\_.

## DAY 22

I appreciate how you prioritize \_\_\_\_ in your life.

## DAY 23

I appreciate how you create the experience of having enough \_\_\_\_ by \_\_\_\_.

## DAY 24

I appreciate that you make work more fun by \_\_\_\_.

## DAY 25

Something about how you see the world that I appreciate is \_\_\_\_.

## DAY 26

I appreciate you for the expertise you have in \_\_\_\_.

## DAY 27

I appreciate how you experience an abundance of \_\_\_\_.

## DAY 28

I appreciate the way you handled \_\_\_\_ (think of how they handled a specific situation).

## DAY 29

I appreciate how you creatively resolved \_\_\_\_.

## DAY 30

I appreciate you for going above and beyond when you \_\_\_\_.