

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 ____.