

YEAR OF VALUES

INTEGRITY

always.

PROVOCATION NO. 6



Appreciation

is a wonderful thing:

It makes what
is excellent in
others belong to
us as well.

- Voltaire -

WE OFTEN CONSIDER RECOGNITION AND
APPRECIATION TO BE SYNONYMS.



However, at their core, there is an
important difference between
them.

Recognition tends to come
from the top down and it
passes judgment
(good or bad).

Recognition is easy because
it happens as a result of
something and is therefore
passive.

Appreciation is non-judgmental and acknowledges the value of the other person and their willingness to contribute.

Appreciation is active because you have to actually look for the things you value in another person. And every person has value that deserves to be appreciated.

*In order to
regularly express
appreciation,
we should make
a habit of it.*

Setting weekly or
monthly reminders to
show appreciation is a
good way to start!

For this week's provocation, we want you to reflect on people who you appreciate in both your personal and professional lives.

Pause now and make 5 calendar appreciation reminders between now and the end of the year.

When your reminder goes off, take a pause to send a note of appreciation.

Bonus points for handwritten notes, which are extra special and don't need to be long to make a big impact.

LET'S GET STARTED!

Estimated Time Commitment:

10 minutes

What You'll Need:

X recall people you appreciate

X your google calendar