

Day 16 Show Appreciation

Quote

Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it. Ralph Marston

Whatever our individual troubles and challenges may be, it's important to pause every now and then to appreciate all that we have, on every level. We need to literally "count our blessings," give thanks for them, allow ourselves to enjoy them, and relish the experience of prosperity we already have. Shakti Gawain

(Some people) have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy. A.H. Maslow

Bible Verse

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.
Psalm 100:4

The second is this:

'Love your neighbour as yourself.'

There is no commandment greater than these." Mark 12:31

Inspiration

The power of appreciation

<http://www.youtube.com/watch?v=a3wX8nmvIZ0>

Humpback Whale

<http://www.youtube.com/watch?v=tcXU7G6zhjU>

Gratitude link

42 Ways

<http://www.liveandlovework.com/2013/12/06/42-ways-to-gratitude/>

Journaling

What or who do you most appreciate?

How can you show more appreciation of others?

Technique

An altered book tutorial with a rubber stamp and a stencil

<http://www.youtube.com/watch?v=ALuuslK7e7A>

Action

Give thanks and appreciation to yourself. Reflect on the things that you like and love: your qualities, your achievements and any healthy changes you are making.