

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

## APPRECIATION

GRATEFUL RECOGNITION OF VALUE



**A**ppreciation is grateful recognition of the value, quality or significance of a gift, deed or person. It is acknowledging the value of someone or something, and then expressing thankfulness for it.

Using the definition above, do I appreciate others? How?




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Using the definition above, do I appreciate myself? How?

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How would I rate myself on showing appreciation to others?

Poor \_\_\_ Fair \_\_\_ Good \_\_\_ Excellent \_\_\_ Date \_\_\_

*Symptoms and consequences . . .*

### HOW TO TELL WHEN APPRECIATION IS LACKING

Often referred to as “ingratitude,” the lack of appreciation means that people don’t receive positive feedback when they do things or give things of value. They may be discouraged from doing more, or unmotivated to press on.

- Pride is a big reason we fail to appreciate others. We are so focused on ourselves that we fail to value others and what they do.
- At times we don’t even realize all the things others do for us.
- Sometime we fail to express gratitude because we think we don’t have time to say thanks.

**Gratitude is the memory of the heart.**

- Jean Baptiste Massieu

**Who do I find it hard to show appreciation to?**

*List 1-3 names, codes, or initials*




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**Why?** \_\_\_\_\_

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**Who do I find it easy to show appreciation to?**

*List 1-3 names, codes, or initials*




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**Why?** \_\_\_\_\_

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Date \_\_\_\_\_

Seed 4

### LIFESKILLS

12Seeds™

RESPECT  
ENCOURAGEMENT  
LISTENING  
APPRECIATION  
TRUST  
INTEGRITY  
ORDER  
NURTURE  
SYNERGY  
HOPE  
IDEALS  
PARDON

FOR GROWTH

Appreciation helps fill the human need:

**To Be Valued**



Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.  
- 1 Thessalonians 5:18

**Write below what the verse above means to you.**




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There's a good harvest . . .

**WHEN APPRECIATION GROWS**

When appreciation grows, people feel valued. They sense that their efforts and their presence are acknowledged and have significance. Friendships grow warmer. Appreciation brings a harvest of good feelings to any relationship and to any environment.



**SOME OF THE BLESSINGS WHEN APPRECIATION GROWS:**

- People feel valued.
- People receive positive feedback.
- Fear of failure decreases.
- Positive behavior is reinforced.
- People's abilities and gifts are affirmed.
- Teamwork improves.

**Which blessings are the most important to me?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**But thanks be to God! He gives us the victory through our Lord Jesus Christ.**  
 - 1 Corinthians 15:57

Considering the examples on the right → → → → → → → → →

**AM I PRACTICING APPRECIATION WITH . . .**

- **Family members?** Yes No *If yes, how?*

\_\_\_\_\_

*How could I improve?*

\_\_\_\_\_

- **Friends and acquaintances?** Yes No *If yes, how?*

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*How could I improve?*

\_\_\_\_\_

- **Authority Figures?** Yes No *If yes, how?*

\_\_\_\_\_

*How could I improve?*

\_\_\_\_\_

**What will I commit to do in order to better practice this seed?**

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\_\_\_\_\_

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**HABITS TO HELP APPRECIATION GROW:**

**PRAYER**

- Dear Lord, please help me to better express my gratitude to You and to others.

**THOUGHTS & ATTITUDES**

- I appreciate what others do for me.
- Read the Psalms.
- Remember who you are in Christ.

**WORDS**

- "Thanks for helping me on this project."
- "I appreciate you – thanks for being here!"

**ACTIONS**

- Send a thank-you note, email or text message.
- Recognize the positive character qualities and achievements of others.

**FELLOWSHIP**

- Watch for people doing praiseworthy things and tell someone else.
- Give awards.

Date \_\_\_\_\_ Signed \_\_\_\_\_