



Discover the Power and Potential of Appreciation

Appreciation - Discovering and expressing your gratefulness for another person in terms of "what they do" and "who they are"

Areas of Appreciation - two major realms must be given attention as you truly come to know and appreciate another person...spouse, child, etc.

1. What You Do - this emphasis is on behavior, accomplishments and other "externals":
"The dinner was great!"
"I'm proud of your grades."
"You look great in that outfit."
"I appreciate your help with the lawn."
2. Who You Are - this emphasis is on character qualities and internal strengths; this area is usually more difficult but extremely powerful.
"Your sensitivity to others is a real encouragement to me."
"I don't tell you often enough but your diligence as a provider for our family is very much appreciated."
"Your attitude of sharing is very much appreciated."

"Your attitude of sharing your toys makes me real proud."

"When I consider all the ways I've let you down, I'm sure glad God gave you such a forgiving spirit."

Opportunities for Appreciation - expressions of appreciation for your spouse or children can come thru several opportunities:

- Private/verbal - when just the two of you are alone together.
- Private/creative - a card sent to the home or office; a note of praise left on a mirror or put in a child's lunch box.
- Public - in the presence of other people "brag" on your spouse or children. For example: In front of your children, a Dad remarks, "Kids, I don't know if you've told her lately, but we sure have a great Mom..."

How about in the presence of your in-laws, "bragging" on their son/daughter!"

Benefits of Appreciations - Numerous powerful results are associated with appreciation:

- Recognizing or noticing someone's actions or accomplishments communicates that you care.
 - Discovering a person's character strengths genuinely communicates that "I'm wanting to get to know you."
 - Expressing appreciation for positive behavior and character guards you from seeing only the negative in someone.
 - Expressing appreciation helps develop a relationship and "atmosphere" in which positive criticism can then be shared.
 - Expressing appreciation-particularly for character - strengths builds self-worth and confidence.
1. Expressing Appreciation for character qualities which need not diminish as a person grows old builds security in a relationship as external things like youthfulness, beauty and figure "fade"!



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SELECTED CHARACTER QUALITIES

1. **ALERTNESS** - Learning to pay attention to all the lessons God is teaching through authorities, friends, and experiences.
2. **ATTENTIVE** - Learning who to be attentive to, what to listen for, and who not to listen to.
3. **AVAILABILITY** - Learning to reject distraction that hinder me from fulfilling my responsibilities.
4. **BOLDNESS** - Demonstrating the confidence that following the principles of Scripture will bring ultimate victory regardless of present opposition.
5. **CAUTIOUSNESS** - Gaining adequate counsel before making decisions. Recognizing temptations and fleeing them.
6. **COMPASSION** - Reliving the hurts of others and doing all that is possible to relieve them.
7. **CONTENTMENT** - Learning to enjoy present possessions rather than desiring new or additional ones.
8. **CREATIVITY** - Finding ways to overcome seemingly impossible obstacles, discovering practical applications for spiritual principles.
9. **DECISIVENESS** - Learning to finalize difficult decisions on the basis of God's ways, word, and will.
10. **DEFERENCE** - Limiting my freedom in order not to defend the personal tastes of those God has called me to serve.
11. **DEPENDABILITY** - Learning to be true to your word even when it is difficult to carry out what you promised to do.
12. **DETERMINATION** - Learning to give whatever energy is necessary to complete a project.
13. **DILIGENCE** - Seeing every task as an assignment from the Lord and applying energy and concentration to accomplish it.
14. **DISCERNMENT** - Knowing what to look for in evaluating people, problems and things.
15. **DISCRETION** - Knowing what is appropriate and what is inappropriate. Seeing the consequences of words and actions down the road.
16. **ENDURANCE** - Maintaining commitment to a goal during times of pressure. Recognizing and laying aside hindrances.
17. **ENTHUSIASM** - Learning what actions and attitudes please God and becoming excited about doing them.
18. **FAIRNESS** - Looking at a situation through the eyes of each one involved in it.
19. **FAITH** - Developing an unshakable confidence in God's Word and visualizing God's will and acting upon it.
20. **FLEXIBILITY** - Learning how to cheerfully change plans when unexpected conditions require it.
21. **FORGIVENESS** - Learning to demonstrate Christ's love toward others, remembering how much God has forgiven us.
22. **GENEROSITY** - Recognizing that all possessions belong to God. Learning how to be a wise steward of time, money, and possessions.
23. **GENTLENESS** - Learning to respond to needs with kindness and love. Knowing what is appropriate to the emotional needs of others.
24. **GRATEFULNESS** - Learning to recognize the benefits which God and others have provided; looking for appropriate ways to express genuine appreciation.



25. **HOSPITALITY** - Learning how to provide an atmosphere which contributes to the physical and spiritual growth of those around us.
26. **HUMILITY** - Recognizing my total inability to accomplish anything for God apart from His grace.
27. **INITIATIVE** - Taking steps to seek after God with our whole heart. Assuming responsibility for the physical and spiritual encouragement of those around us.
28. **JOYFULNESS** – Learning to be happy regardless of outside circumstances.
29. **LOVE** - Learning how to give to the basic needs of others without motive of personal reward; an unconditional commitment to an imperfect person.
30. **LOYALTY** - Adopting as your own the wishes and goals of those you are serving.
31. **MEEKNESS** - Learning how to yield rights and possessions to God. Learning to earn the right to be heard rather than demanding a hearing.
32. **NEATNESS** - Learning to organize and care for personal possessions.
33. **OBEDIENCE** - Yielding the right to have the final decision.
34. **PATIENCE** - Learning to accept difficult situations as from God without giving Him a deadline to remove the problem.
35. **PERSUASIVENESS** – Thinking through all the objectives before presenting our case. Demonstrating commitment to our convictions by the example of our lives.
36. **PUNCTUALITY** – Showing esteem for other people and their time by not keeping them waiting.
37. **RESOURCEFULNESS** – Seeing value in that which others overlook. Learning to make wise use of things which others would discard.
38. **RESPONSIBILITY** – Learning to establish personal restrictions and guidelines that are necessary to fulfill what you know you should do.
39. **REVERENCE** – Learning to respect the authority and position of God to others.
40. **SECURITY** – Learning to build your affections and expectations around the person of Christ and His eternal Word.
41. **SELF-CONTROL** – Learning to quickly identify and obey the initial promptings of the Holy Spirit. Bringing my thoughts, words, and actions under the control, of the Holy Spirit.
42. **SENSITIVITY** - Being alert to the promptings of the Holy Spirit. Avoiding danger by sensing wrong motives in others. Knowing how to give the right words at the right time.
43. **SINCERITY** - Having motives that are transparent. Having a genuine concern to benefit the lives of others.
44. **THOROUGHNESS** – Learning what details are important for the success of a project.
45. **THRIFTINESS** - Knowing how to accomplish the most with the resources that are available.
46. **TOLERANCE** - Learning how to respond to the immaturity of others without accepting their standard of immaturity.
47. **TRUTHFULNESS** – Gaining approval of others without misrepresenting the facts. Facing the consequences of a mistake.
48. **UNDERSTANDING** – viewing life from another's perspective; looking past life's obvious disappointments to find that comfort of God's insights.
49. **VIRTUE** - Learning to build personal moral standards which will cause others to desire a more godly life.
50. **WISDOM** - Learning to see life from God's perspective. Learning how to apply principles of life in daily situations.