

Be a Half Full Kinda' Gal or Guy

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We all hunger to be seen, heard and acknowledged. Here are some tips on emotionally filling your own cup and those around you:

- Appreciate yourself for all you *are* and *do*. Now and then give yourself a metaphorical high five.
 - Notice what you accomplish. Focus on it. Record your accomplishments in a journal. It could be simply touching the hand of a senior and offering a smile.
 - Use that journal again to record 3 or more items of gratitude before going to sleep.
 - If someone special sleeps next to you, roll over and express an appreciation before *shut eye*.
 - When you make a mistake note what you learned from the experience.
 - Graciously receive appreciation. "Thank you" is all that is needed. Record that experience in your journal.
 - Let go of feelings of both superiority and inappropriate humility when receiving appreciation.
 - Pay attention to and comment on when others enrich your life whether it is at work, at home, in your neighbourhood or when buying groceries.
 - Compliment others with no agenda for receiving something in return.
 - Add detail to your expressions of gratitude so people know what difference they made. Marshall Rosenberg in his book, *Nonviolent Communication: A Language of Life*, offers these steps in giving meaningful appreciation.
- Describe:
1. The action that made a difference to you.
 2. Your personal desire or need that was met.
 3. The pleasing emotion that was sparked in you.

Example: "Thank you for *shovelling our side walk* when I was sick. I *wanted our walk to be safe* for visitors. I *felt so relieved and grateful* when I saw our entry cleared."

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