



THE POWER OF APPRECIATION:
INSIGHTS – SUMMARY & BULLET POINTS

1. APPRECIATION ALWAYS LEADS TO A GREAT DESTINATION!

The more you focus on the good that IS, the more good can flow!

2. APPRECIATE MORE, CRITICIZE LESS TO ATTRACT AND ALLOW MORE OF THE BEST

The LOA is always on the job & will bring your more of what your focus has in store

3. THANKS IN ADVANCE LEADS TO HAPPY RETURNS!

Align with your dreams becoming real by thanking life in advance for a done deal!

4. APPREIATING OTHERS IS A 2-FOR-1 SPECIAL!

Sharing the love benefits ALL!

THE POWER OF APPRECIATION: TOOLS

TOOL# 1: DAILY APPRECIATION LIST

→ Ensure you are already in a feel-good state of mind or do something that allows you to get into a feel-good flow first

→ Find a place & time early in your day where you can relax and focus

1. Make a list/recording of all the things you can easily appreciate today
2. Review this list before sleeping to rest with a thankful heart and mind

TOOL #2: SHARE THE LOVE DAILY

Appreciate/praise at least one person in some way daily “just because”

→ Leave your honey a love note

→ Send a card, gift, flowers, text, e-mail or video

→ Call someone for the sole purpose of appreciating her/him

→ Appreciate/praise great service in person or in writing

- Do something special for someone
- Instigate an act of random kindness for a stranger
- Do “drive-by light-ups”
- Do something nice to honor beautiful YOU!

TOOL# 3: THANKS IN ADVANCE!

1. Wake with appreciation and set appreciation in motion
Try this statement/affirmation or create your own:

“THANK YOU FOR MY LIFE AND FOR ALL THE GOOD THAT COMES TO ME IN THIS DAY!”

2. Align with the feeling of knowing that your dreams and visions are a “done deal” by adding “THANK YOU FOR _____” to beginning of your intentions/prayers

HERE'S A BULLET LIST OF THE POWER OF APPRECIATION TOOLS:

TOOL #1: DAILY APPRECIATION LIST

TOOL #2: SHARE THE LOVE DAILY

TOOL #3: THANKS IN ADVANCE

→ Choose the one that feels best to you and do it now.