

bond & bond

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5 Day Challenge - Appreciation

Day 1 – PLEASE FIND SYNONYMS

Find 5 different words that express appreciation for you:

Day 2 – APPRECIATE YOUR OWN WORK

What have you done well today? Note down three things that you would like to give yourself a pat on the back for:

Day 3 – GIVE APPRECIATION AS A GIFT – GENEROUSLY

Give appreciation to others very generously today – to the bus driver, the newspaper seller, your colleagues, your staff – show your appreciation for the work of others.

Day 4 – WITHOUT REASON

The high art: Give appreciation and attention to others just like that and without any particular reason.

Day 5 – ASK

Ask your colleagues, your co-workers – how would they notice that you appreciate them?
