

Show your appreciation

If we are honest with ourselves, we all want and need to feel valued for who we are and recognized for our contributions and accomplishments. It's important for us to know that we have made a difference in someone's life.

If a person takes the time to express their heart-felt appreciation for something we have done, it boosts our spirit, passion, and purpose. It builds our self-confidence, self-esteem and our entire self-image. It gives us energy and motivation to work harder and do more.

The Challenge:

Consider the adults around you, those who have helped you through the challenges in your life, those who have lifted you up when you have found things difficult, and those who have taught and nurtured your mind. Make a list of the important adults in your life, and think about why they are important to you.

Once you have thought of those who have made a difference to your life, think about how they would feel if you expressed your gratitude. This will not only enhance their day, but it will enhance yours too. You will feel more fulfilled because you have done something to make someone else's day better.

The Task:

- Make a card to convey your message: making a thank-you card is always so much more meaningful and personal than a bought card
- Write a thank you note: this does not have to be a long essay, just a few sentences to explain why you are grateful.
- Leave Post-it notes around the house with short sentences conveying your appreciation. Hide them in places so that they can be discovered throughout the week.
- Send an email or a text message: this is a very instant way to show your appreciation.
- Everyone loves to receive letters; letters are one thing that you can count on for lasting memories
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