

Appreciation includes everything!

**I observe what is,
exactly as it is.**

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Appreciation includes everything!

**Beyond the loud voices
in my head, I also listen
to the gentle ones.**

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Appreciation includes everything!

**In each and every moment
I can freely choose my
perspective.**

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**How about appreciation?
Now!**

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Self-appreciation is the basis

**Appreciation starts
with myself.**

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Self-appreciation is the basis

**We are often our own
biggest critics. Switch sides –
become your biggest fan!**

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Self-appreciation is the basis

**My contribution
is important.**

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Self-appreciation is the basis

**Who am I really and what
do I want more of?**

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Appreciation activates potentials

**Whatever I focus my
awareness on, grows.**

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Appreciation activates potentials

**Recognizing and speaking
about potentials and greatness
in people allows them
to flourish.**

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Appreciation activates potentials

**I uncover success factors
and strengths and apply them
to less powerful areas.**

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Appreciation activates potentials

**What is my, perhaps secret,
life dream?**

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Conflicts generate “friction gain”

**Resisting the way things are
is always an invitation to
change perspectives.**

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Conflicts generate “friction gain”

**Strong feelings and conflicts
are indicators of needs and
motives that are worth
looking into.**

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Conflicts generate “friction gain”

**Problems, weaknesses
and mistakes reveal
opportunities for growth.**

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Conflicts generate “friction gain”

**Letting go of being right,
even if you are right,
opens doors.**

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A unity beyond teamwork

**The otherness of the other
is welcome.**

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A unity beyond teamwork

**What is calling us?
What are we here for?**

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A unity beyond teamwork

Jointly developing a shared intention and essential decisions creates strength.

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A unity beyond teamwork

By everybody freely and gladly contributing to the whole, everything gets done.

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“Truth” in otherness

A contradiction may remain unsolved – it can even be valuable.

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“Truth” in otherness

What is the strength in weakness, the quiet voice amid the noise, the gift of the situation?

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“Truth” in otherness

It’s not as it seems... be still and find the opportunities.

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“Truth” in otherness

How do I act beyond right and wrong?

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The essential occurs in the “in-between”

Taking a break is good, especially when things get strenuous or weigh you down.

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The essential occurs in the “in-between”

Everything is already there, I can draw from it.

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The essential occurs in the “in-between”

Relax ... and be the miracle!

© The Appreciators 2015

The essential occurs in the “in-between”

**Accept, appreciate, trust,
act ... and celebrate!**

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Appreciation creates value.

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