

MANTRA #13

**AMPLIFY  
YOUR**

**appreciation!**



# WHY?

*Research shows that giving thanks, appreciation or practising gratitude for the positive aspects in our lives can, among other things, help you exercise more, sleep better and be happier. And when shown in the workplace increases employee engagement, performance and wellbeing.*

## WHO DO YOU

notice you have been **focussing on and feeling as a result?**

When did you focus on the **positives in your life?**

When was the last time you **intentionally thanked someone**, at work or at home?

## WHAT DO YOU

think might happen if you **focussed on the positives?**

What could you do to **show your thanks or appreciation?**

# HOW?

*We need to own what we are focussing on and the impact it is having on us or others. If it's not ideal, try something else.*

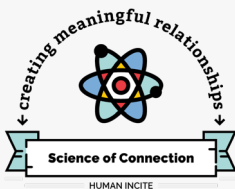
## CHALLENGE WE FACE

2020 has been a tough year so it's easy for us to focus on all the things we've missed out on or are upsetting us .

## ACTION

Actively shift your focus, to the things you are thankful for in your life and in others and share it!

## TIP #1



Our **Science of Connection** focuses on the importance of how to build effective and meaningful relationships. Mastering various strategies in communication using methods including verbal, non-verbal, digital, social and analogue, both professionally and personally.

**KEYNOTE & FACILITATION WORKSHOP AVAILABLE**

# YOUR 2020

# CHALLENGE

Here's a simple #2020Challenge to amplify appreciation!

1. Reflect on where you are focussing your energy.
2. Focus on the positive aspects in your life and others.
3. Share or show what or who you are thankful for!

*Amplify your appreciation*  
**write, express & share it!**

**Pick your challenge!**

- ♥ Write down three things you are thankful for ♥ Send an email of thanks
- ♥ Do a 'shout out' of thanks verbally ♥ Send a text ♥ Write and send a card
- ♥ Shout a coffee ♥ Sing someone else's praises

