

Appreciation Focus™

Personal Review

Appreciation is both an emotion and a way of being. It is argued that the construct of appreciation is bigger than gratitude alone. Appreciation is vital in developing & sustaining social bonds, wellbeing and life satisfaction.

Research done by Adler & Fagley proposes that appreciation contains eight aspects:

1. What I have
- 2. Sense of Awe
- 3. Practice of Ritual/s
4. Present Moment Awareness
- 5. Self/Social Comparison
- 6. Those I am Grateful to
7. Future orientation of pending loss/adversity
- 8. People we Value

What I have: This involves an attentional focus on “what one has”, and minimises the tendency to take the positive aspects of one’s life for granted.

Sense of Awe: This is in response to magic of nature, beauty around us, the miracle of life itself in all its aspects.

Practice of Ritual/s: These are our personal routines & rhythms to remind us to notice and reflect on the positive in life. A habit of journaling and daily reflection helps to cultivate these rituals.

Present Moment Awareness: Here one learns to focus on the positive elements of the present moment and to be mindful & aware of the gifts in every present moment. Developing this awareness limits holding on to negative events in the past or anxiety about the future.

Self/Social Comparison: When we remember and compare “worse” moments, we are able to have an enhanced appreciation of the present. When observing others less fortunate than us, we can also be reminded of all that is good in our lives.

Those I am Grateful to: Intentionally reflecting on the people in one’s life who have shown one kindness and compassion in some way.

Future orientation of pending loss/adversity: Being aware that all aspects of life have a cycle and to value the joys & delights of what one still “has” in life.

People we Value: Developing our awareness & focusing on the unique & special qualities in others, and being able to share this with them in a meaningful way

It is said that cultivating one or more of these aspects of an Appreciation Focus™, can lead to greater contentment with life, better relationships & community and improved wellbeing.

The 8 aspects of appreciation work well as a system and individually also contribute to a greater sense of wellbeing and contentment.

Adapted from N.S Fagley, an associate professor of Psychology at Rutgers University.

Personal Review – This past week

Date:

Reflect on each of the areas of your Appreciation Focus below. Give each a score out of 10 for the degree of appreciation you experienced in the last week (0: Not Satisfied, 10: Fully Satisfied). Below your score write brief reasons why you gave this score

What I have Score:	Sense of Awe Score:
Practice of Ritual/s Score:	Present Moment Awareness Score:
Self/Social Comparison Score:	Those I am Grateful to Score:
Future orientation of pending loss/adversity Score:	People we Value Score:

Personal Review – 3 months from now

Date:

Reflect on each of the areas of your Appreciation Focus again. Give each a score out of 10 for the degree of appreciation you want to experienced 3 months from now (0: Not Satisfied, 10: Fully Satisfied). Below your score write brief reasons why you gave this score. Write a few actions for each area that will enable the desired score.

What I have Score:	Sense of Awe Score:
Practice of Ritual/s Score:	Present Moment Awareness Score:
Self/Social Comparison Score:	Those I am Grateful to Score:
Future orientation of pending loss/adversity Score:	People we Value Score: