

ValueYOU™

Appreciation self-assessment

Introduction

This is a brief look at what your Appreciation Focus™ is currently and what opportunities there might be for you.

We all seem to think that we do a lot of appreciation in our lives, yet when we take stock of what we notice and appreciate and then take action on, we notice it's not that often of regular.

Or that our vocabulary and words are limited on naming new qualities to the people we value and wish to appreciate and acknowledge.

It is therefore a habit, an awareness and a skill we need to cultivate and maintain as our basic hardwiring is not geared towards having an Appreciation Focus™, let alone verbalise it out loud.

Some questions in the questionnaire have been sourced from research done by Fagley & Adler in 2005. The other questions have been formulated over the last six years of working on this initiative.

When responding to the questions, go with your immediate response, don't overthink it.

Respond from what's true and real for you.

Enjoy the questions and once completed you will be able to assess your results in the table at the end.

Categories for analysis

- 1. Have focus**
- 2. Awe**
- 3. Ritual**
- 4. Present moment**
- 5. Self/ social comparison**
- 6. Gratitude**
- 7. Loss/ Adversity**
- 8. Interpersonal**
- 9. Group Awareness**

In the statements on the following page, circle the letter to the left for each statement that resonates with you – pick all the relevant ones.

- A: I feel and/or experience appreciation for life
- B: I believe in the goodness of all and their ability to demonstrate this in supportive environments
- C: I make time for self-reflection on the goodness in my life
- D: I am generally content and happy with life
- E: When I see others less fortunate than myself, I am reminded how lucky I am
- F: I count my blessings for what I have in my life
- G: I think back to difficult times to remember how blessed I am right now
- H: I readily express my appreciation of others' positive qualities to them
- I: I easily see qualities in others I value

- A: I have life satisfaction and a positive approach to life
- B: Being in nature makes me feel alive and connected
- C: I have daily practices for contemplation and reflection
- D: I deeply appreciate being alive
- E: I feel compassion for people readily
- F: I feel lucky to have what I have even if it's not everything I want
- G: I am conscious of my privilege and good fortune in life
- H: I give appreciation more often than corrective or critical feedback to others
- I: I acknowledge to others how important they are to me/us

- A: I err on the side of looking for the positive in all situations
- B: I feel awe and wonder for the brilliance of nature
- C: I observe and notice the great qualities of others in action
- D: My general wellbeing is good and I have energy
- E: I think more about others and what their lives are like and how fortunate I am
- F: I reflect on my blessings for having the basic things in life like shelter, food and clothing
- G: I remind myself how fortunate I am to have my privileges and opportunities
- H: I truly value the gift of time with my family, friends and team mates
- I: I actively seek opportunities to express my genuine appreciation on the value others' qualities bring to our group

- A: I remind myself to value the good things in my life
- B: I get caught up in the wonderment of life
- C: I make time to reflect on how important my friends, family and colleagues are to me
- D: I enjoy the little things around me like the trees, the wind, animals, sounds, sunshine etc
- E: When I see unfortunate things happening to others, I am reminded of how blessed I am
- F: I have a sense of joy that underpins my daily interactions
- G: The problems and challenges I face in my life help me to value the positive aspects of my life.
- H: I have an extensive vocabulary of emotionally healthy qualities I notice and observe
- I: As a team/group/family we regularly value and appreciate each other openly

To Score the Self-Assessment

Total up the number of A's you have circled and enter in the table below. Do this for each of the other letters as well.

A	B	C	D	E	F	G	H	I
HF	A	R	PM	S/SC	G	L/A	IP	G/A

- 1. Have focus: HF**
- 2. Awe: A**
- 3. Ritual: R**
- 4. Present moment: PM**
- 5. Self/ social comparison: S/SC**
- 6. Gratitude: G**
- 7. Loss/ Adversity: L/A**
- 8. Interpersonal: IP**
- 9. Group Awareness: G/A**

Analysing your totals

If you have scored 3-4 in any category, you are thriving in this area of your Appreciation Focus™

If your score is 2 or less for any category, you would benefit from cultivating this aspect of your Appreciation Focus™