
Appreciation

(January 06) Appreciation, sounds simple right? Appreciation, a simple word, a simple act, a way of showing another how much they mean to you; whether it be their actions, their words, their look, a meal, a touch. Appreciation...

Who do you appreciate?

As you move through your world, how have you expressed appreciation for someone you care about, someone in your life that really matters. I have noticed that far too many people busy their hours and days with 'the activities of daily living (adl's) and then neglect the truly important things, the truly important people, the actions, what I have referred to as 'the big rocks'. Today, I will focus one of the big rocks of relationships.

Imagine this, for a moment: Imagine giving someone a gift, a present that you took the time and energy to think about, find, and then purchase, perhaps even wrap and then give it to someone. Imagine now, you showing up with your gift, excited, happy, looking forward to seeing their response, anticipating what they will say about the great gift you have presented to them. Now imagine that you give it to them and rather than opening it, looking at it, smiling, being excited, surprised, joyful, instead of the response you had hoped for, that you had imagined, they take the gift, and put it down, walk away from you and leave you standing there all alone.

When people in our lives show up, when they speak, when they stand or sit in front of us, when they "present themselves" to us in their various ways, **WHAT AN OPPORTUNITY WE HAVE** to really see them! To really hear them! To really count them, be present for them, acknowledge them and really appreciate them!

So, let me offer this suggestion:

The next time someone presents their 'self' to you.. stop, look at them (if they are not on the phone J), really listen, really want to hear them and then acknowledge them be sharing with them what you heard, and thanking them, sincerely thanking them for what they have to offer you. Do this at least 5 times each day, do it more as it begins to feel really good J. Now, for many of you, this will take some slowing down, some taking the time (your time) out of your day to stop double and triple tasking, to stop thinking of the next thing to do and really be present. I often refer to this being present as living in the moment, living now, really experiencing what life has to offer.

Many times I have been hired to assist people to 'remember names'. Yes, there is a NLP strategy that is referred to as the name recall strategy. Yes, this does work with many people, however for some, it does not. The 'it' that does not work for these people is that they do not have a genuine interest in the other person, they do not really want to get to

know the other person. Another 'issue' why the name is 'blocked' is when a person is in their head, talking to themselves, thinking about other things and simple is not present, with the other person; present enough to remember that persons name...

In short; be genuinely interested in others, really want to hear them, and verbalize your appreciation for what they do, what they say and most of all, who they are in your life... Write me with the results !

Please call me for a free consult or complimentary coaching session at 847-566-3122 or write jim@trulyhumancoaching.com.