

# Appreciation Is My Bag!™

By Gayle Colman

## Here's How to Play...

### First, Get Willing

Are you willing to give and receive appreciation? If so, continue by saying out loud, YES! If not, get curious about your unconscious commitment to limiting joy, love and gratitude in your life.

### Second, Discover Your Tools

Find or create a unique, personalized bag to hold written notes of appreciation to yourself and from others. (Hint: Revitalize an old purse with colorful ribbon, or re-purpose a paper gift bag.) Grab a pad of colorful paper to write your notes, and some stickers to enhance communication and fun. Collect colorful markers to write your appreciations.

### Third, Commit to Appreciation

Commit to living your life in appreciation and expanding appreciation in your environment. State out loud your commitment.

### Fourth, Create Action & Results

Create a viable plan for appreciation, with measurable results, doing what by when.



Below is what your experience of the above might look like

YES!

Oh my goodness, look at all of these wonderful tools!

I commit to living in appreciation and expanding appreciation in my life. For the next three months until our anniversary on (date), I commit to writing down appreciations to myself and to my beloved. At that date, we will enjoy our appreciations and create another action plan.

## Sample Appreciations for Others

I appreciate you for taking out the trash and replacing the trash bag.

I appreciate how you always see what needs to be completed and complete it.

I appreciate your hair and smile and bright eyes. Seeing you brings joy to my heart.

## Sample Appreciations for Self

I appreciate me for my commitment to appreciating!

I appreciate me for loving myself plenty.

I appreciate me for getting out of bed today.

(Hey, appreciations can be anything that is true ...)

# Appreciation

Just like any muscle that you exercise regularly, it gets stronger, easier to use and more effective over time. Appreciation works the same way. At first it may seem hard and awkward, but with regular practice, it becomes easy and fun to appreciate. Soon, your appreciation bags will be inspiring appreciation and you will be spontaneously saying appreciations to yourself or others in the moment.

Customized Appreciation Bags and Kits

are available for purchase!

Contact Gayle at the address below