



4. Has anything been missing for you in the way you've been appreciated for the work you do?

5. List at least 3 appreciations that would feel good to you to hear about your work or anything you do. Include specific details about what you would like to be appreciated for.

Example - what one of our participants wanted to hear:

- 1. I'm a really good dad who prioritizes time with his sons and makes them feel loved*
- 2. I'm a good CEO who deeply cares about the welfare of the people who work with me*
- 3. I'm a creative person who is helping my community develop extraordinary long-term projects*

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