



Value through appreciation – unfolding potential and excellence

The 7 Appreciators' Perspectives

1 Appreciation includes everything!

- I realize what is, exactly as it is – also my resistance.
- Beyond the loud voices in(side of) me I also listen to the gentle ones.
- In each and every moment I have the freedom to choose an appreciative perspective.
- How about appreciation? Now!

2 Self-appreciation is the basis

- Appreciation starts with myself.
- My contribution is important.
- We are often our own biggest critics. Switch sides; become your biggest fan!
- What is really important to me? What do I want more of?

3 Appreciation activates potentials

- Whatever I focus my awareness on, grows.
- Recognizing and speaking about potentials and greatness in the counterpart lets people flourish.
- We uncover success factors and strengths and apply them to less powerful areas.
- What is your, perhaps secret, lifetime dream?

4 Conflicts generate “friction gain”

- Resisting the way things are is always an invitation to change perspectives.
- Strong feelings and conflicts are indicators of needs and motives that are worth looking into.
- Problems, weaknesses and mistakes will often give you the chance to growth.
- Letting go of being right, even if you are right, opens doors

5 A unity beyond teamwork

- The otherness of the other is welcome.
- What is calling us? What are we here for?
- Jointly sustaining a shared intention and essential decisions, creates strength.
- By everybody freely and gladly contributing to the whole, everything gets done.

6 “Truth” in paradox

- A contradiction may remain unsolved and even can be valuable.
- What is the strength in weakness, the soft voice in the noise – and the present of the situation?
- It's not as it seems... be still and find the opportunities.
- How do I act beyond right or wrong?

7 The essential occurs in the “in-between”

- Becoming still is good, especially when things get strenuous or weigh you down.
- It's all there, I can draw from it.
- Relax ... and be the miracle!
- Accept, appreciate, trust, act ... and celebrate!