

The “Three A” Approach to Appreciation



Consider this "Three A" Approach to Appreciation:

1. What do you want to acknowledge?

Sometimes taking the time to reflect on the faces, places, and activities that we take for granted can make all the difference in changing our attitudes about ourselves, others, and our lived experiences.

Take a moment to pause and breathe deeply. Check-in with yourself. What emotions or memories are coming up for you? Next, take the time to write down your reflections in the space below:

What do you appreciate or like about yourself?

What do you appreciate or like about your family or friends?

What do you appreciate about your community (whether it is a sports team, school, workplace, club, or place of worship)?

2. What do you aspire to put into practice?

This might include simple actions or gestures that can show this appreciation.

As before, check-in with yourself and write down your reflections in the space below:

How can you *show* appreciation for yourself?

How can you *show* appreciation for your family or friends?

How can you *show* appreciation for your community?

3. What is the action you may want to take?

This action might include replicating these feelings of appreciation for people of all cultural traditions and communities, even those you don't belong to.

How might you learn more about these individuals or communities?

Through personal engagement (such as through conversation or relationship building), we discover what we appreciate in others, and through these experiences, we learn more about ourselves.

How can we model or share our deep appreciation for their rich cultures and contributions to the world with others?

Could you embrace the actions and gestures you listed above for “aspire”? What different steps might you take? Consider how learning and building empathy might be valuable for appreciation across cultures and communities.

When we focus on the beautiful aspects of people and other cultures and ethnicities, we see how rich the world is and invite more of that richness into our own lives.