

Appreciation of daily living

1. Appreciation enables us to perceive the beauty in people and things in life.
2. Appreciating people/things around us allows us to observe, discover, and feel from various perspectives, such as:
 - (i) In terms of people:
 - a) Traits - character, appearance, expertise, etc.;
 - b) The original intention of their actions (starting point and intentions), the process (the effort and time put in), and the result (achievement).
 - (ii) In terms of things: appearance, functionality, practical value, etc.
3. Pay attention to the people or things around you:
 - (i) Slow down the pace of life and observe attentively;
 - (ii) Express gratitude or appreciation to others - not taking things for granted.
4. Benefits of appreciation:
 - (i) Makes others feel appreciated and respected;
 - (ii) Enhances others' self-confidence;
 - (iii) Strengthens support and encouragement between each other.
5. Things to note when expressing appreciation:
 - (i) Be brave in expressing - consider the relationship with the other person, their personality, preferences, and the nature of the event to choose the appropriate expression method.
 - a) Expressing feelings through writing, such as: a note or card with words of appreciation;
 - b) Verbal praise, such as: a sincere thank you;
 - c) Gifts to convey feelings, such as: a sticker or greeting card;
 - d) Body language, such as: a friendly smile, applause, a pat on the shoulder, a handshake.
 - (ii) Sincere and genuine
The praise should be based on true facts, consistent inside and out, and not flattery.
 - (iii) Specific and clear - let the other person know that you have observed and thought seriously.
 - a) Accurately point out what others deserve to be praised for, avoid using vague words;
 - b) Share your own feelings.

6. Gladly accept others' appreciation:

Simply and naturally say "Thank you!" and give a smile.