

LEADING WITH GRATITUDE By Marlene & Bob Neufeld

What do you imagine might happen if you began every interaction this year with gratitude or appreciation?

Gay Hendricks has often said that every sentence we speak is based on one of two intentions:

1. Wonder, discovery, learning, connection, appreciating; OR
2. Attacking, defending, justifying, assigning blame and making someone right or wrong

We've both been living the last 7 years in an ongoing practice of appreciation. We are part of a community of people who have committed to this practice. Here is one result that has been noted:

"We've noticed that the ongoing practice of appreciation has produced a new kind of perceptual filter for us and fellow appreciation enthusiasts. Rather than wondering what the other person is going to need or take, the appreciation filter notices what's working, evokes unique qualities and skills, and actions that can contribute to everyone. Appreciators walk through a different kind of looking glass where creativity and possibility stand out, where conflict recedes and disappears. People's faces actually open and sometimes even light up. Of all the skills, appreciating creates the highest ratio of good feeling to energy expended." (from Hendricks newsletter Nov. 24, 2009)

In our office, we frequently do the following experiment: We invite you to do it at home.

1. Pick something that you feel neutral about.
2. Generate judgment or criticism about it.
3. Notice what happens in your body when you allow yourself to generate judgment or criticism. Frequently clients talk about tenseness in their shoulders, back or jaw. Sometimes, they also experience butterflies in their bellies.
4. We then invite them to generate gratitude or appreciation about the same object. We ask them what they need to do to generate gratitude or appreciation. Responses include having to go closer to the object to see what else they can discover, shifting their point of view so they see different aspects of the object, taking a breath, seeing it differently.
5. Notice what happens in your body when you generate appreciation or gratitude. Frequently clients talk about lightness, expansion in their chests, or bubbling energy throughout their bodies.

People are often surprised, both by how easy it is to generate judgment and that it is possible to generate appreciation. **Remember, it is a conscious choice to generate appreciation!**

We invite you to join the growing group of people who have committed to an ongoing practice of appreciation.

Marlene & Bob Neufeld practice body-centered Coaching and Psychotherapy. They are a couple who help couples learn life-changing skills and create closer, more loving relationships with one another. To learn more, see www.marleneandbob.com or call 613-594-9248 to arrange a complimentary 1-hour introductory session.