

# Power Of Joy

## Appreciation Exercise

### Part I

Think of something or someone from the past week that you appreciated. It could be a kind act, an encouraging smile, an example of service or just a sweet time with a friend, anything that you can appreciate.

As you reflect on your appreciation experience, person or moment, describe . . .

What happened, what did you appreciate?

What emotions did you feel during the experience or encounter?

How did your body feel during the experience or encounter?

What emotions do you feel now as you recall your appreciation?

How does your body feel now?

### Part II

Break into groups of 3 or 4 and share the following: (Sharing is always voluntary)

Describe your appreciation memory

What emotions did you feel?

How did your body feel?

After everyone shares their appreciation answer the following . . .

How did you feel when you were sharing your appreciation story?

How did you feel when you heard others share their stories?

Did anyone's appreciation story remind you of something or someone you appreciate? If so, how did that impact you?