

Video Transcript: Impact with Integrity - Module 5, Lesson 2

Okay. So this last one is about appreciation. And, appreciation, it's like salt. You want to sprinkle it on everything. Okay? What you appreciate appreciates, and it's the antidote to entitlement. Anywhere that you're feeling entitled. Ah, notice if you're feeling entitled to anything. Whether it's even like, "I didn't get upgraded on my flight," you know? "Cause I'm a frequent flyer." Wherever you're feeling entitled, it's an opportunity to train your brain to shift, to appreciation. Whenever I feel entitled, I'm like, "Oh God, I'm feeling entitled. What can I appreciate right now?" Right. It's magic. It's an antidote. It's going to make you happier. It's going to make you healthier. It's going to make you much more enjoyable to be around, I promise. My wife and I got some relationship coaching and the first thing they gave us was this 30 days of appreciation for relationships.

And, literally, all we did was once a day, appreciate one another. And, it changed the trajectory of our relationship. There was other things we needed to talk through and figure out together, but having appreciation be the baseline foundation of really appreciating one another is just pure, pure magic. So, appreciation is a mindset. It's a way of being in the world. E B white has this quote, "I wake up in the morning and I can't decide whether to saver or save the world" Asterisk, you know, no white saviorism, but that notion of saving the world, that's kind of the whole point. Why are we doing all this? Because there's this place of love. What is it we love? What is it we really, really love that's underneath all this work we're doing? And how can we return to that on a regular basis? Appreciate ourselves for who we are, what we're contributing, appreciating the important people in our lives for how we're supporting one another and repairing the world, appreciating nature for how it holds and supports us and, what it's teaching us?

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I mean, I could go on and on, right? But, the more you cultivate your own ability to reliably create a context of appreciation: woo! Magic, magic. You can start every meeting you have off, "We're just going to go around the table and everyone share one thing you're appreciating about yourself. Just the way you are right now today." Talk about growing a new muscle there, right? We have a lot of resources for you around appreciations. We've got our 30 days of appreciations for partners. We've got an appreciation interview where you can interview another person and see how they want to be appreciated. It kind of brings in that love languages work. If you want to, you can sign up to receive an email from me once a day for 30 days with an appreciation prompt for you. So everything we have on appreciation, we'll share here.

The main thing is that this is a mindset. If you are able to curate a context of appreciation and ripple that out with authenticity, everywhere you go, that stuff is contagious and it's magic, right? 'Cause it's all too much, too often that we want to dwell on what's wrong and what to fix. And that's right, we've got work to do. And, the more we can take time to start from a place of appreciation, what we appreciate appreciates. What we give love and attention to, we get more of that. And we need that for the hard work ahead. Okay. So it's not Pollyanna. It's not like, "Oh, I'm just being...I'm not really paying attention to the bad things." There's bad things. There's bad things happening. And, also right here, right now in front of you. There's good. So let's appreciate that too. Right. So that we're not out of balance and only fighting the bad. We also want to be savoring and appreciating the good, because that's actually gonna make us more healthy and more effective. And, more joyful to be around. Okay. So don't forget the joy. All right. Ok, let me know how this goes. I hope you use one or more of these tools and use it in good health.