

TOOL

A Flurry of Appreciations

An excerpt from the *Onward Workbook*



These materials are for the sole use of the individual who purchased them and cannot be shared or replicated without our explicit permission from Bright Morning.



A Flurry of Appreciations

This week, set a goal to share a certain number of appreciations for those with whom you work. This could include students, their parents, colleagues, supervisors, and so on. Set an ambitious goal right here:

Then, go about offering them. Send emails and text messages, offer them in person, even make some anonymously—leave notes on people’s desks or doors. See how it feels to make specific appreciations (“Thank you for helping me prepare sub plans when I was sick last week”) and general ones (“I’m so grateful that you’re in my life”).

At the end of the week, reflect on this experience.

How did it feel? Did any part of this experience surprise you?

How did others react to your appreciations?

From *The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive* by Elena Aguilar. Copyright © 2018 by Elena Aguilar.

Which offerings of appreciation felt especially good?

What did you learn about yourself?

From *The Onward Workbook: Daily Activities to Cultivate Your Emotional Resilience and Thrive* by Elena Aguilar. Copyright © 2018 by Elena Aguilar.

WHAT'S NEXT

Keep Up the Momentum



**TEAM LEADERS, join [The Art of Coaching Teams Workshop](#).
Confidently lead a thriving, resilient, learning team that gets stuff done.**

- Build trust-based cultures where innovation flourishes and cynicism fades.
- Establish clear team purpose that aligns individual efforts toward common goals.
- Turn administrative overwhelm into streamlined systems that keep your team thriving.



**PD FACILITATORS, join [The PD Workshop](#).
Engage adult learners in PD that energizes, inspires, and activates.**

- Master facilitation techniques that balance structure with responsiveness.
- Design agendas that engage even the most reluctant participants from start to finish.
- Transform routine staff meetings into powerful learning opportunities that spark change.



And for an entire year of on-demand support, join our [Teams Learning Library & PLC](#).

Everything you need to lead a thriving team.

- Transform your thorniest team problems into clear action plans through monthly consultancy sessions
- Walk away with ready-to-use templates and word-for-word scripts that eliminate leadership guesswork
- Build trust, distribute leadership, and increase buy-in through strategic approaches