

SELF MOTIVATION/PERSEVERANCE – Appreciate what you have

1) NAME AND DESCRIPTION OF THE TOOL

Appreciate What You Have

This tool helps participants appreciate what they already have. Most people, in their quest to achieve more experience more and possess more forget what they have already achieved. The quest and the focus on future is indeed a good thing and must be safeguarded. However, appreciation helps to increase self-esteem and make a person feel that he is experiencing a fulfilling life

2) OBJECTIVES OF THE TOOL

- Be focused in the pursuit of achieving goals.
- Feel good and happy about yourself
- Teach your mind to focus on the positive in your life

3) CONNECTION OF THE TOOL WITH THE ENEMY

This tool is closely connected to self-motivation. One of the best ways to stay motivated is to celebrate our accomplishments. Whenever you reach a goal, you have good reason to start a celebration. For every meaningful accomplishment in your life, you've made sacrifices and overcome obstacles along the way, and it's important to acknowledge those personal wins and take pride in those achievements.

4) RESOURCES & MATERIALS

- Papers
- Blue and red pens



SELF MOTIVATION/PERSEVERANCE – Appreciate what you have

5) IMPLEMENTATION OF THE TOOL

There are three stages in this tool.

Explaining the Exercise: 2 minutes

STAGE ONE: 5 minutes

- Ask participants to consider their achievements, possessions and accomplishments. Ask them to write a list or capture them in a mind map.
- Ask participants to write as fast as they can as soon as ideas come to their minds. The aim is for them to capture whatever they have already in mind rather than thinking hard to find them.
- For this part, instruct participants to write with blue pens.
- Explain that they don't have to share anything they don't want to with other. They should be honest with themselves as they go through the exercise.
- Allocate 5 minutes for this part.

STAGE TWO: 18 minutes (5 min sharing + 3 min adding more ideas+ 10 min discussion)

- Ask participants to share what they have captured with others and explain what they appreciate. Again, they are free to share what they like. The purpose here is to inspire others on ideas.
- Allocate 5 minutes for this part.
- Now, ask participants to refer back to their lists or mind maps and add more ideas on what they appreciate or have achieved. This is their second chance to record what they might have missed in part 1.
- Ask participants to write these additional items with red pens.
- Allocate 3 minutes for this part.
- Now, ask participants to look at their lists and focus on those in red which have just been added. Why did they miss them in the first round? Does this suggest that they might not be as appreciative for these areas as they should be? Why have they considered certain areas first (blue) instead of areas they considered later (red)?
- Encourage a discussion on what this suggests. (10 minutes)

STAGE THREE: Group feedback: 10 minutes

- Follow with a discussion. You can use the following questions as examples:
 - How do you feel having gone through this exercise?
 - Has it made you think about areas that you have not considered for a while?
 - Has the appreciation of your past achievements, accomplishments and luck made you more confident?
 - What do you think about those areas that you missed?
 - Did others help reminding you that you also have these possessions and achievements?



SELF MOTIVATION/PERSEVERANCE – Appreciate what you have

- What do you plan to do in the future so that you don't forget to appreciate what you already have?

6) WHAT TO LEARN

- This tool can encourage you to make additional goals you'd like to meet.
- It helps strengthen teamwork, camaraderie and the sense of community amongst team members
- It will motivate and inspire others to emulate your hard work, dedication and commitment
- It can fuel motivation to keep pushing forward. It can evoke a more positive attitude about your tasks and help you become more aligned with your goals.
- It can induce happiness instantly
- It helps become more confident about yourself. You will more likely continue doing what you are good at. You are able to praise the great things that make who you are.

