

APPRECIATION

How do you appreciate?

The art of appreciation takes time, consistency and practice. Using some familiar faces from the neighborhood we've identified a few different styles of appreciation. Which one are you?

Big Bird

The Authentic Appreciator

"Thank you. I see what you did & it means a lot."

The OG of appreciation! Your praise is heartfelt and timely. You are clear, warm and consistent. **Practice a little self-care and try not to be taken for granted.**

Abby Cadabby

The Emphatic Appreciator

"THANK YOU! It means A LOT to you & me."

You are emotionally intelligent, positive & full of energy. But your intensity can drain you and others. **Set healthy boundaries. It doesn't have to be loud to be meaningful.**

Telly Monster

The Anxious Appreciator

"Thank you! Sorry I didn't say it sooner! My bad!"

You are a thoughtful and sensitive colleague/leader. But your own anxiety & tendency to worry all the time diminishes your impact. **You can appreciate others better by gaining confidence in yourself.**

Snuffleupagus

The Aloof Appreciator

"I appreciate you...quietly, with my deeds."

You feel a deep sense of loyalty towards your team, but you have trouble with communication. You feel your actions are demonstrative enough. **Use your words AND actions to appreciate your team.**

Cookie Monster

The Transactional Appreciator

"You give cookie... Me say thanks!"

Quid pro quo clarity. Praise from you can feel conditional, self-serving. Explore deeper, more meaningful connections with your team. **Give praise even when it's not your project.**

Oscar the Grouch

The Reluctant Appreciator

"It was fine. I guess."

You are hard to read, with a tendency to push people away. Praise from you is genuine, but sparse. **You have the opportunity to be more open & surprise people with warmth.**

Count von Count

The Invisible Appreciator

"I appreciated your good work... but said nothing!"

You are observant & pay attention to details. However, failure to acknowledge other people can build silent resentment in your team. **Try to vocalize your appreciation.**



Elmo

The Enthusiastic Appreciator

"THANK YOU. THANK YOU!!"
You wear your heart on your sleeve. Your unbridled joy can be overwhelming. You run the risk of gratitude fatigue. **Learn when less is more, especially with the introverts on your team.**

Zoe

The Silly Appreciator

"Great job! And now I say something silly..."
You are the class clown. Your charming personality & sense of humor attract attention & build camaraderie. But your imagination can let things go too far. **It's a fine line between humor and hurt.**

Grover

The Shy Appreciator

"I appreciate you! But I'm nervous to say..."
You are sincere in your praise. But you hesitate to communicate your appreciation. Or you say too little. You come across as nervous, unsure of yourself. **Practice expressing yourself among people you feel safe with.**

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