

The Appreciation Project

APPRECIATION OF OUR HOME: a practice to reconnect us with the place where we live

Context: This practice reconnects us with the value of the place that shelters and welcomes us.

In which situations can you make use of it: This practice can be used when we face an annoying situation that makes us dissatisfied with our home or to reconnect with the value of having a space we recognize as ours in the world.

How long should the practice last: The practice can be done in a few minutes (2 or 3). Practice daily for 7 consecutive days

Instructions: In the morning, before leaving or before starting to work, while having your breakfast or getting ready to leave the house, try to appreciate at least 3 things that you enjoy very much about your home. It could be your soft bed, the smell of clean clothes hanging on the clothesline, the flower that bloomed in the garden, the way the light shines through your kitchen in the morning, your vacuum cleaner, or just that rugged dish towel your grandmother embroidered. Each day, try to appreciate three different things and write those down.

Self-observation: Notice how you start your day and what is your emotional state when you return to your home at the end of the day.

How have you come to appreciate the things and people around you?

How do you value your achievements or the things you have acquired in your life?

Journaling: At the end of 7 days observe what really has value for you in your home. While going through the 21 things you have appreciated in your home, are there any points in common? How do you feel about your home now? What about the annoying situation that surround you? How relevant is it now?

Tip:

If you feel like it, give away those things that no longer bring value to your home.

Cognitive Practice

Emotional Practice

