

The Appreciation Project

All practices presented in this section are organized in the following format:

Title and Subtitle (“in a nutshell, what is this practice about”)

Context: What is this practice for? In which situations is it useful? What does it allow the practitioner to realize or connect to?

In which situations can you make use of it: day to day situations, general interaction with others, particular situations or environments, with some group of people, when some type of thought presents itself to you

How long should the practice last: Duration of the exercise and **Frequency:** practice some minutes a day/practice through a whole day/ practice for a certain amount of time during various days

Instructions: Step by Step of how to do the practice

Self-observation/Observation: What to notice in yourself/in the situation while you are doing the practice

Journaling: What to journal about with regard to this practice

Type of Practice:

Emotional: broadens the emotional vocabulary and horizon of the practitioner, as well as their capacity to feel and express emotions

Interpersonal: broadens the ability to relate to other people, to deal with differences and to appreciate others

Cognitive: broadens the ability to deal with various points of view, various mindframes or about a situation. Creates more intellectual flexibility and a larger repertoire for life.

Somatic - deals directly with the body intelligence, the body sensations and intuition. Aims to free up the body from tensions and rigidity.

Spiritual - broadens the practitioners connexion with a sense of purpose, with life's meaning and their connection with Oneness, independently of their religious orientation.

