

Appreciation

As you read these words, I invite you to think of a time when you were particularly grateful for the opportunity to “make someone’s day,” whether through a kind word, a tangible donation to a program, or something in between. Deliberately evoking a feeling of appreciation is the foundation of HeartMath, which is a powerful tool for aligning the heart with the mind (www.hearthismath.com).

Put your appreciation into action by taking time to show your appreciation. Tell one or more people something you appreciate about them. Remember, what you put out comes back.

*-- HeartMath Discovery Program, Doc Childre and Sara Paddison,
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Appreciation is also the foundation of Appreciative Inquiry, an approach to change developed in the 1980’s to bring about transformation that is based on replicating what is being done well and re-creating more of the same to elicit the desired results. Put simply, by building on “success stories,” the person/organization can intentionally create more of “what’s working” to design the ideal outcome.

Forty people came together November 14-16 to create their picture of Memphis as the “Ideal Learning Community.” Imagine what will happen when a larger vertical cross-section of the community embraces the radical, provocative proposition that propels Memphis to realize its potential! Stay tuned for “Imagine Memphis,” thanks to the vision and leadership of Mary Jo Greil and Dr. Mark Weiss, who brought the AI workshop to Memphis.

For more about Appreciative Inquiry, visit <http://appreciativeinquiry.cwru.edu>, begun by founders David Cooperrider and Suresh Srivastva. It is continually updated and a rich resource for beginning and seasoned practitioners alike. According to Memphis practitioner Kathy Carmean, copyrighted material is posted and made available in the public domain, simply because the writers are coming from abundance and want the material to be used to change the way we operate in the world.