



Interactive Appreciation Steps

1. Take a moment to...

- Take a few deep breaths to slow yourself down... Be fully present with yourself and God...

2. Dear God... Recall a time you felt joyful, peaceful and/or connected. If nothing comes to mind, ask God to bring a memory to mind where you felt joyful, peaceful and/or connected.

- Picture the moment in your mind and reconnect to it as if it was occurring in real time.
- See what sounds, smells and noises you notice. Is it warm or cold? What colors draw your attention? Are there things happening in the peripheral of the memory that you hadn't noticed before (birds chirping, tails wagging, a light breeze)?
- Engaging your five senses helps you "tune in" and be present and brings your whole body into the experience.
- It's likely that when you experienced the moment the first time you were not fully present (multi-tasking and digital distractions have caused us to live much of our lives only partially present and connected).
- How fun is it that you have an opportunity to go back and experience the moment again, fully, like God intended?

3. Dear child of mine... Wait for and listen to God's response to your appreciation.

- Don't think too much - you're using your right/relational brain, not your left/thinking brain.
- God is present in our every moment. We likely were not aware that He was with us in the moment that came to mind. He may want to show you where He was in that moment, and how much He enjoyed being there with you.
- If you can't/don't hear anything, We want to encourage you to write what a good father would say to your appreciation. We do know that not everyone has/had a good father but we all inherently know what a good father is, would do and say. Write that.

4. Give your appreciation a 2-3 word title

- This will create a quick reference for your "Joy Well" Appreciation library.

5. Read your entry to someone else, if possible, or read it out loud to yourself

- Writing and listening are both Right Brained, relational exercises.
- Reading it aloud, to others, or even yourself, engages your Left Brain, and stores the appreciation as a new whole brained relational experience.

***Tips & Tricks**

- Breathing is a way to slow your thoughts and body and give your heart, mind, soul and body an opportunity to gather and be present.
- Keep your journaling time conversational. Think about a coffee conversation with a good friend.
- If you find yourself stopping and thinking about what you are writing you have stopped listening and moved from the relational side of your brain into logic. This is a 100% Relational practice.
- Do an Interactive Appreciation, and share it, as close to daily as possible.

