



Say the good part out loud

The skill of celebration · name: _____ · date: _____



A general compliment can be pleasant, but a specific affirmation helps someone understand what we noticed and valued. Naming a thoughtful action, a useful contribution or a quality we have genuinely seen can help appreciation feel sincere rather than automatic.

What we are practising

By the end of this lesson, you can offer a specific and sincere affirmation, and receive one with a simple thank you.

During the activity

Making appreciation specific: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

In what kinds of everyday moments could noticing something true and specific in another person, and saying it out loud, help an affirmation land?

Exit ticket · Say the good part out loud

According to the lesson, what are the three ingredients of an affirmation that actually lands?

- a) Loud, funny, and quick
- b) Specific, true and offered without wanting anything back
- c) Long, detailed, and written down
- d) Vague, general, and repeated often

I can offer a specific and sincere affirmation, and receive one with a simple thank you.

☐ more than before ☐ about the same

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