

## ***Appreciation***

One of the fundamental principles of human nature is the craving to be acknowledged and appreciated. As much as the Sun, the Soil and Water are required by the human Being to survive, praise and appreciation are required for hope and inspiration to move on and progress and this applies to all of us. In fact next to physical survival the greatest need of a human being is psychological survival and the deep yearning to be appreciated. A sincere compliment, acknowledgement, appreciation or praise has navigated the lives of many to achieve great success in life. Most people enjoy a warm feeling that comes when we are made special – when we know that we matter. When we feel valued and connected we feel more energized are more productive feel connected and do the best work. All of us want to know that we

make a difference. When members of the families are engaged, there is harmony in the family and when the employees in the work place are engaged, the organizations excel and produce more profits. Most of us experience a wonderful feeling when someone recognizes us for a meaningful contribution we have made or for a special quality or the characteristics we possess.

This is all possible when we appreciate genuinely appreciate the goodness in others. From an organization perspective acknowledgements can make the difference between retaining and losing employees. If you are losing good employees, look to their immediate boss. Instead of appreciation some of the bosses humiliate the employees which becomes intolerable and they

start looking for better jobs The lack of camaraderie, human interaction, compassion and meaningful work all will take a toll.

From where we are to where we want to be we need the support of people. “ No one can whistle a symphony. It takes a whole orchestra to do it.” Mahatma Gandhi said that we are neither dependent or independent but interdependent and together all of us form an organic whole. If we have Self-Knowledge do not need external validation but since most of us lack in Self-Knowledge we need acknowledgement, appreciation and praise - right from children to Senior Citizens. More than 90% of the people are motivated to great work when they are appreciated. It takes little time for an appreciation doesn't cost anything and

could impact the recipient for a life time. About

7 out of 10

employees are in search of new jobs because

they are

emotionally disconnected from their work

place and felt under

valued because they were under appreciated.

We all know that

this world would be a better place if there were

more kindness

and offered expressions of appreciation more

frequently.

He who appreciates another enriches himself

far more than the

one whom he praises. To praise is in

investment in one's own

happiness. The poorest human being has

something to give that

the richest could not buy quotes George

Mathew Adams.

However it is our innate nature to take people

for granted and

fail to appreciate that they have contributed to

our progress or

wellness. We must learn to praise others.

Without our

appreciation even the best people cannot

shine!! It takes very

little time to give an eye contact, smile, engage

or ask how

someone is doing.

I was sitting in the flight when a woman

passenger hurriedly

came and occupied the seat next to me. She

took her phone and

called up the taxi cab agency which had

dropped her off at the

airport. She conveyed her deep appreciation to

have got dropped

her at the airport on time despite a heavy

traffic jam. The driver

had taken her to the airport trying not to keep

her under stress

as he kept reassuring that they would reach on

time. Not that

she would not have thanked the driver of the

cab on arrival on

time but she wanted the company to hear the compliment and

Author Harvey Tordoff points out the inter-dependency of all life forms. He says, "The point is, we are not outside; we are the components that make up the whole. By inflicting pain and suffering on others we are inflicting it on the whole - of which we are part. Much of today's suffering stems from the way in which those with power exploit those who are more vulnerable.

We cannot prevent all civil wars and acts of terrorism and tyranny, but by changing our behaviour we can create a fairer world, one with better health care, less hunger, more education, less exploitation."

As individuals, by changing ourselves, and by our kind thought and compassionate action, we can be the

change-agents the  
world needs. At our own individual levels, we  
all must work  
towards unity and harmony.