



Discovering Your Appreciation Preferences Worksheet

1. How do you like to be appreciated?
 - a. On a formal basis (awards, letter, ceremony, event)
 - b. Informally (e.g., a verbal thank you)
 - c. Individually and privately
 - d. As part of the team
2. In terms of being appreciated for the work you do, what types of appreciation would be ideal? For example, a handwritten note, some form of compensation, acknowledgment in front of the team, employee of the month, etc?
3. If you were to be fully appreciated for your efforts in your work, what might that look like?

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4. Has anything been missing for you in the way you've been appreciated for the work you do?

5. What has worked well for you or what has stood out in the way you've been appreciated for the work you do?

6. List at least 3 appreciations that would feel good to you. Include specific details about what you would like to be appreciated for.

7. What are qualities about yourself that you've tried to change or get rid of, that you would be open to truly appreciating?

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