



Day 31

Beloved Peacekeepers,

The interpersonal journey continues with praising and sharing appreciation.....today we're headed to Chicago "taking it to the streets"!!!

Today's Principle, Today's Practice - PRAISING

Appreciation helps people grow. Offer praise to at least three people today for their personal qualities, achievements or helpful service.

Ask yourself: What are some words of praise you like to hear? When are words of praise ineffective? What are some acts of praise you have experienced? When was the last time you were publicly praised and how did it make you feel? Can you accept praise?

Activity - Create three simple postcards and send a note of appreciate to people in your life who don't ordinarily receive praise for simple tasks done well (i.e., the janitor at you place of employment; the greeter at the bank; the elder on the corner who always says good morning.

Make a "Day of Praise" Bulletin Board in the communities you work, play and live -- allow people to create anonymous praise for others.

For yourself -- accept praise when give -- tell the person "thank you, coming from you that means a lot to me!" -- means a lot to me, helps you understand the importance!

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider these Quotes on Praising:

Appreciative words are the most powerful force for good on earth! - George W Crane

What every genuine philosopher (every genuine man, in fact) craves most is praise -- although the philosophers generally call it "recognition"! - William James

The real satisfaction which praise can afford, is when what is repeated aloud agrees with the whispers of conscience, by showing us that we have not endeavored to deserve well in vain. - Samuel Johnson

Earth, with her thousand voices, praises God. - Samuel Taylor Coleridge

He deserves praise who does not what he may, but what he ought. [Lat., *Id facere laus est quod decet, non quod licet.*] -Seneca

I can live for two months on a good compliment. - Mark Twain

There is more hunger for love and appreciation in this world than for bread.- Mother Teresa

"Praise yourself as much as you can. The love in our lives begins with us. Loving yourself will help heal this planet." *Louise Hay*

Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well." -- Francois Marie Arouet (Voltaire)

Today - appreciate all of God's Creatures!

Blessings,

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PS - Happy Birthday Nicholas!