**Appreciative Feedback Worksheet**

Think of a recent event where you saw a coworker, friend, or family member do something that you appreciated.

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| What specifically did they do? Be as concrete as possible. Avoid abstractions like “He was friendly to the customer.” Instead, describe the behaviors that led you the conclusion he was being friendly. For example, “he smiled and shook hands with the customer as he approached, and his face and gestures were animated and lively.” |
| What was the impact this had? Be as specific as possible |