

# Day 8: Expressing Appreciation



**A Guide by  
Shree's Essencia**

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# Day 8: Expressing Appreciation

**Theme: Tell someone you care about one specific thing you truly admire about them.**

**Story: A Heartfelt Compliment**

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The evening was settling in, wrapping the home in a cozy warmth. In the quiet of the kitchen, Sita sat at the kitchen table, watching her mother Lalitha prepare dinner. The aroma of spices filled the air, and the rhythmic chop of vegetables echoed through the room. Sita had always admired her mother's cooking, but today, as she watched her mother's graceful movements and the care with which she prepared each dish, something about it felt even more intimate and profound.

"You know, Mom," Sita said softly, breaking the silence, "I really admire how you cook. Every meal you make is always so full of love. It's like you've turned cooking into an art form."

Lalitha looked up from the stove, her face lighting up with a gentle smile.

"Thank you, beta," she said, her voice full of warmth. "I just want to make sure everyone feels at home."

**Sita's heart swelled with affection** as she realized how often she overlooked her mother's quiet acts of care. It wasn't just the meals, but the **love and intention** that went into every little thing she did for the family. Sita was grateful for the chance to express her appreciation.

Later, when they sat down to eat together, there was an extra layer of **warmth and connection** in the room—a feeling that had been deepened by a **simple, heartfelt compliment**. It was a **small but meaningful moment** that would stay with them both.

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## Reflection

Much like **Sita**, we sometimes forget to **express appreciation** for the people who matter most to us. When we take the time to **acknowledge the unique qualities** or actions of those we love, we create a **deeper emotional connection**.

A **simple compliment**, when given sincerely, can make both the giver and receiver **feel seen, valued, and understood**.

### Activity: How to Express Appreciation

#### 1. Reflect:

Think about someone close to you—a **parent, partner, friend, or child**. Reflect on a **specific, meaningful quality or action** they've shown recently that has **touched your heart** or made a **difference in your life**.

## Examples of Expressing Appreciation:

- **For Parents:**

- “Mom, I admire how you make every meal feel like a celebration. Your care and thoughtfulness really stand out.”

- **For Life Partner:**

- “I appreciate how patient you are with me when I’m feeling overwhelmed. Your calmness helps me feel grounded.”

- **For a Friend:**

- “I admire your ability to always listen without judgment. Your support means the world to me.”

- **For a Child:**

- “I love how imaginative you are when you draw. Your creativity brightens my day.”

## 2. Express Appreciation:

Once you’ve identified what you admire, express it in a way that feels right—whether through a phone call, **handwritten note**, or **heartfelt conversation**. Be specific about the quality or action you’re acknowledging.

## Why Appreciation Matters?

When we **express appreciation**, we show others that we **see and value** them for who they truly are. **Genuine compliments** not only affirm positive traits but also create a space where people feel **truly valued and respected**.

This practice **deepens relationships, nurtures trust, and strengthens emotional bonds**. When we acknowledge others with **sincere words**, we create a **positive, uplifting environment** that benefits everyone.

### Closing Thought

A **compliment**, though small, can **spark a ripple effect of warmth, love, and connection**. Just as Sita's words brought a smile to her mother's face, your words of admiration and gratitude can uplift spirits and bring people closer together.

By **continuing to recognize and share** the qualities you admire, you contribute to a **more positive, nurturing, and fulfilling environment** for both yourself and those around you.

### **Guided by the Bhagavad Gita**

In **Chapter 17, Verses 14-16, Krishna** describes the **threefold austerity of speech**—words that are **truthful, kind, and beneficial**.

**"Words spoken with authenticity, kindness, and sincerity create a bridge of understanding and trust."**

**Expressing genuine appreciation** aligns with this teaching, fostering **goodwill and strengthening relationships**. When we speak with **truth, kindness, and sincerity**, we promote deeper emotional bonds and harmony in our relationships.

## Relevance to Daily Life:

- **Verbal appreciation** enhances **emotional bonds** and reflects the **Bhagavad Gita's principles of truth and kindness.**
- **Appreciating others** without expectation nurtures a **sense of respect**, leading to **stronger, more meaningful connections.**

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Thank you!

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