

Showing Appreciation to Your Partner Worksheet

Read the first chapter of *The 5 Languages of Appreciation in the Workplace* by Gary Chapman and Paul White and answer the following questions adapted from the chapter:

1. How do you communicate appreciation to your colleagues?

2. How do you prefer people express appreciation to you?

3. Does your partner know how you like to have appreciation expressed to you?

4. Do you know how your partner likes to have appreciation expressed to them?

5. When you feel discouraged, what can your partner/colleagues do to encourage you?

6. On a scale of 1-10, how appreciated do you feel by your partner?

7. What are your top 3-5 takeaways after doing this exercise?