

# The Power of Acknowledgement



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## Learning Objective

In this learning exercise, youth will learn the power of gratitude and acknowledgement as they learn to build powerful personal and professional relationships.

## Making a Difference

How would you like the ability to really make a difference in someone's life? Everyone has this ability to make meaningful relationships and contribute to society positively. Acknowledging each other is a great way to build successful, mutually beneficial relationships. It only takes a minute yet it could completely change someone else's day for the better. And it's something we can all start doing from today.

Gratitude is an important part of building strong relationships. When someone does something for you, it's important to go the extra mile and acknowledge the effort. Saying "Thank you" is important as you are telling someone that you care and you are grateful for their actions. You can supercharge your Thank You by also letting them know what you see in them that you are thankful for (their Character Quality which is described below) and the actions they took.

## Character Quality

A Character Quality is a moral value (or virtue) that a person demonstrates in action. At ShareTree (in partnership with The Virtues Project), we have shared and added to a list of 120 Character Qualities such as Resilience, Wisdom, Courage.

So how does it work? When you see a Character Quality demonstrated in someone, thank them for it, and also how they demonstrated that Character Quality.

Here's a list of 20 Character Qualities to get you started:

- |                |                 |                |              |
|----------------|-----------------|----------------|--------------|
| · Bravery      | · Compassion    | · Friendliness | · Humor      |
| · Caring       | · Diligence     | · Gratitude    | · Initiative |
| · Cheerfulness | · Excellence    | · Honesty      | · Kindness   |
| · Cleanliness  | · Empathy       | · Kindness     | · Leadership |
| · Commitment   | · Encouragement | · Humility     | · Love       |

You can find the all 120 Character Qualities either on our website ([www.sharetree.org](http://www.sharetree.org)) or you can also download the mobile app on either Apple or Android (links are also found on our website).

**How do I know which Character Quality to use?** You will feel that in some situations more than one Character Quality may apply. In that case, choose the one you feel best suits the situation. There's no right or wrong answer.

**The more you acknowledge others, the better you'll get better at it.**