



# Heart Healing Ministry

## Practice Appreciation



Sometimes it's helpful to have a way to track our progress. Use this table to help you remember what skills you want to practice between now and your next group session. We encourage everyone to practice joy (appreciation) one to three times a day, so we've included it as the first skill. Enjoy tracking your progress!

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
<b>Date:</b>								
<b>Appreciation</b>								
<b>Date:</b>								
<b>Appreciation</b>								
<b>Date:</b>								
<b>Appreciation</b>								
<b>Date:</b>								
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<b>Appreciation</b>								

Appreciation comes in many forms. The acronym GAMES can help us think of things to appreciate. See *Building Bounce*, pp. 84-92 for more information.

- Gratitude (Present)
- Anticipation (Future)
- Memories (Past)
- Experiences (Plan and do a fun, creative event/activity)
- Singing (and music)