

# MINDFUL APPRECIATION

**In this exercise, notice 5 things in your day that usually go unappreciated. These things can be objects or people – it's up to you.**

**Use a notepad to check off 5 by the end of the day.**

For example: electricity powers the office coffee machine, someone invented the internet and we can Google the things we want to know, your clothes provide you warmth, your nose lets you smell beautiful perfumes, your ears let you hear great music on your daily commute.

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1.

2.

3.

4.

5.

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Do you know how these things/processes came to exist, or how they really work?



**Have you ever properly acknowledged how these things benefit your life and the lives of others?**

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**Have you ever thought about what life might be like without these things?**

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**Have you ever stopped to notice their finer, more intricate details?**

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**Have you ever sat down and thought about the relationships between these things and how together they play an interconnected role in the functioning of the earth?**

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**Once you have identified your 5 things, try to find out everything you can about their creation and purpose to truly appreciate the way in which they support your life.**

The point of this exercise is to simply give thanks and appreciate the seemingly insignificant things in life; the things that support our existence but rarely get a second thought amidst our desire for bigger and better things.

This experience will help us build gratitude for the everyday things we usually don't notice. This in turn can assist us to be happier overall, and to be warmer, more open people: improving our relationships and connection with others.

1.

2.

3.

4.

5.



# About Maree McPherson

Maree is a highly experienced professional who believes that impact follows insight. With over 35 years of leadership experience and time as a Chief Executive in a peak body and regional development organisation, ambitious individuals and leading organisations regularly seek Maree's expertise.

Beginning her career in case management with children's services and assisting people with intellectual disabilities, Maree's work now centres on developing organisations into legacies by helping people think deeply and make sense of their discoveries.

Maree's proven strategy for creating clarity that drives certainty helps leaders and teams thrive. She achieves this through executive and organisational coaching, in which she holds postgraduate training. Maree is a Professional Certified Coach and a member of the International Coach Federation.

Her accreditation further underscores Maree's expertise as a practitioner in the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT).

Maree founded her coaching and training company in 2014 and has since authored two books, including *Worthy* which was short-listed in the Australian Business Book Awards 2022.

Maree received the Medal of the Order of Australia (General Division) in January 2023 for her service to the community through various organisations.



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