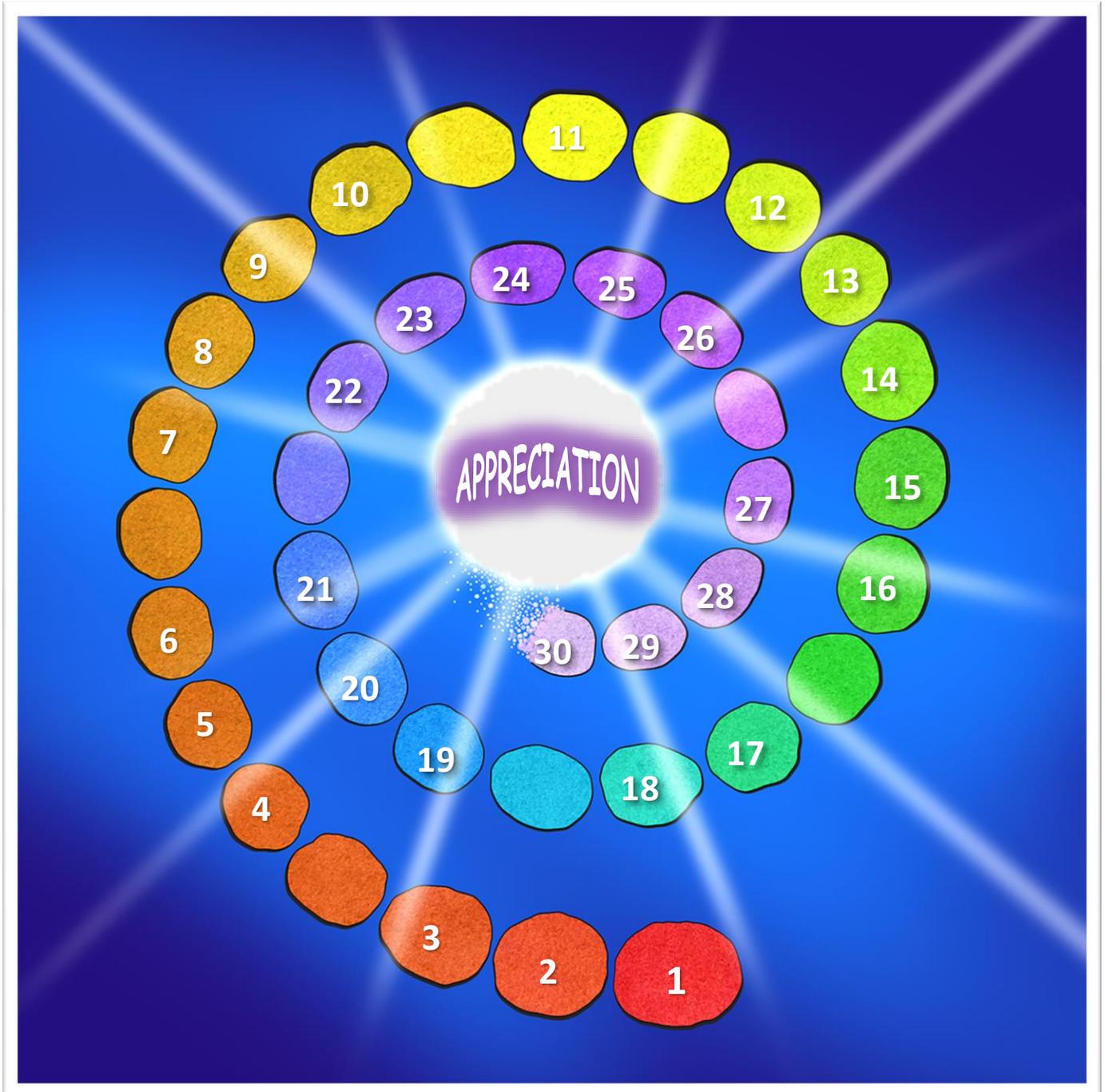


# The Appreciation Game

A 30-Day Process to Increase Happiness, Satisfaction & Wellbeing!



*By Bonnie Durkin*

## **Whatever You Appreciate, Appreciates!**

***Appreciation:** recognition and enjoyment of the good qualities of someone or something.*

There is a power in appreciation that most of us are totally unaware of. When we are in the state of appreciation we are in alignment with our highest self and our connection to the divine is wide open.

The feeling of appreciation is a clear, clean, high vibrating emotion that's on the same frequency as true unconditional love. The kind of love that has no expectations attached to it and loves merely for the sake of loving.

Being in the state of appreciation is good for you, those around you and the larger world! When you are appreciating someone, you are acknowledging them, thanking them, blessing them, and uplifting them. That is an incredibly powerful gift to give another!

Also, there's a huge bonus for you: not only does appreciation feel really good but it puts you in a state that allows goodness and blessings to flow to you!

If you want to improve your relationships start looking for and focusing on the best aspects of the people you care about.

If you want more good things to start coming into your life start looking around you for things that you like and appreciate.

Start noticing what is right and good and put your attention on that, because whatever you focus on grows - ***whatever you appreciate, appreciates!***

Ready to tap into the power of appreciation?

This 30-Day Game is about tuning yourself to the frequency that will allow happiness, satisfaction, and well-being to start flowing easily into your life.

It's time for you to return back to your natural state of feeling like a blessed and worthy being and the more you focus on appreciating the good that's already around you, the more you will feel the truth of who you really are!

***Are you ready? Let's get started!***

# How to Play the Game

## What You'll Need

- The Appreciation Game Board
- Stars
- Large Bowl, Vase, Jar or Basket
- Small Pieces of Paper
- The Appreciation Game Book

### 1. Print Your Appreciation Game Board

You will find it on page 5 of this document. Then hang it in a prominent place where you will see it every day.

### 2. Join our Facebook Group

Help amplify and increase your own and others' blessings and appreciation by joining our Facebook Group. The Facebook group is a place to share your appreciation, blessings, good news and to give and get encouragement and upliftment from others. You can also ask me questions and I will be adding other processes and bonuses within the group!

<https://www.facebook.com/groups/appreciationgame/>

**Every day for the next 30 days commit to doing the 5 simple things below:**

### 1. Something Wonderful & Amazing is Going to Happen Today!

- First thing when you open your eyes every morning while you are still lying in bed, smile and say, "Thank you! Today is going to be a great day! Something wonderful and amazing is going to happen today! Today it is my intention to look for things that I like and appreciate wherever I go, whatever I am doing and whoever I am with!" (You can say this in your mind if you are sleeping with someone else 😊)
- No matter how you slept or how you feel when you wake up, say it with great enthusiasm and conviction, even if you say it silently.

## **2. Read Today's Chapter in The Appreciation Game book**

First thing in the morning read the pages for whatever day you are beginning in your 30-day journey. Spend some time pondering the concept and if you have time, try out any new processes that are presented. If you don't have the book you can order it on <http://bonniedurkin.com>

## **3. Look for Things to Appreciate!**

You are going to pretend that you are a detective and you've been hired to search for things to appreciate. As you go through your day be on continual lookout for things that you like, acts of kindness; anything small or large that is good and right and beautiful to you. It can be people, places, things, circumstances; anything counts.

Look around wherever you are, whatever you are doing and whoever you are with for something you like, something that's good, something that you can appreciate!

## **4. Appreciation Jar**

- Get a large bowl, vase, jar, or basket.
- You can decorate it if you want or just put a sticky note on it that says, Thank You!
- At the end of each day write down on a small piece of paper at least one thing from that day that you are thankful for, appreciate or was good – fold it up and place this “blessing” in the jar with exuberance and celebration!
- If you want to magnify the effects of this, do it with others, like a child, husband, friend, or your whole family. Each person takes a turn and puts a “blessing paper” in the bowl. This is a great practice to do at dinner or bedtime.
- Spread the joy and share your blessings with us on our Facebook group. <https://www.facebook.com/groups/appreciationgame>

## **5. Put a Star on Your Game Board**

At the end of each day put a Star on the number of the day that you've just finished. As the game progresses you will have opportunities to add bonus Stars to your game board as well.

**Do the things above every day for 30 Days.**

*May You Be Abundantly Blessed!*

*Bonnie*

***Now, go forth, have fun, and appreciate!***

