

# 7 Super Strategies for Feeling Joy by Spreading Joy

When you show someone how appreciated and valued they are, you can't help but feel terrific yourself. These 7 quick tips will help you get in the habit of appreciating and celebrating the best in others.

1. **Create a 5-Minute Gratitude Sheet.** With pen and paper in hand, jot down a list of qualities that you appreciate about someone in your life (a loved one, a service provider, a co-worker, a child, or someone in need of a boost). Sign, seal, and deliver! Not only will they be shocked to find a handwritten note in the mail, they'll feel recognized and valued.
2. **Give 5 positive comments for every negative.** Couples who habitually speak to and about each other with respect and appreciation at least 80% of the time are the couples likely to stay happily married. This rule applies to all successful relationships. Check out the Gottman Institute at <http://www.gottman.com>. John Gottman, Ph.D., can predict, with 90% accuracy, often within 3 minutes of observing a couple, which marriages will survive the next 5 five years.
3. **Hide unexpected notes!** Write fun notes of appreciation and tuck them into random places at random times... in the pantry, on their computer screen, in their wallet/purse, in the car, in their gym bag...
4. **Spread the word when others do well**, whether announcing at the dinner table a child's good deed, or forwarding to the whole family an email from the boss recognizing your spouse's accomplishments. Appreciation is contagious and compounded when the giver, the receiver, and all witnesses share in the good news.
5. **Create a personal bookmark.** Cut the desired-size bookmark from a piece of paper. Handwrite a key quality you appreciate most about the person. On the back, affix a photo cut to the bookmark size. Optional: Feed a ribbon or some yarn through a hole punched at the top. Make one for each of your co-workers, book clubbers, or as stocking stuffers for the whole family.
6. **Award a Certificate.** Honor any positive accomplishment or personality trait, big or small, by creating a custom certificate at <http://www.123certificates.com>. It's free, fast, and fun!
7. **Compile a Here's to YOU Tribute Book.** Have each member of the family or a group of friends/colleagues contribute a favorite memory or story (and photo, if possible). Compile an album with each person's memory/photo to honor this person who's touched all your lives.

**Kathy Wolfskill, Appreciation Advocate**, founded *Albums from the Heart* to help people understand the science of appreciation and to assimilate its remarkable benefits into their lives. *Albums from the Heart* provides keepsake albums that you personalize to uplift and inspire a loved one for a lifetime. To find out how you can attend a workshop or sponsor an album for an at-risk youth, contact Kathy at [kathyw@heartalbums.com](mailto:kathyw@heartalbums.com), 303-258-7371, or [www.heartalbums.com](http://www.heartalbums.com).