

Appreciations/DLPs

To give a meaningful appreciation to somebody, you have to be specific – no more “you’re cool” or “that was awesome.” Instead, give them a “DLP.”

DESCRIBE – describe what the person did that you appreciated in detail

Ex. “When you helped me pick up my things when my backpack fell open”

LABEL – label your appreciation by saying *why* you appreciated the other person

Ex. Were they helpful? Did they make you feel better? Did they do something creative or brave?

PRAISE – now praise the other person

Ex. This might just be a “thank you,” it might be deeper like “you are always there for me” (use the “Strengths” list on the next page to help you)

Examples:

“By helping me with my homework all year long, you were a big reason that I passed my classes - thank you for being so dependable and supportive!”

Now you try. Write a real DLP for somebody in your class below:

DESCRIBE:

LABEL:

PRAISE:

Use the strength words below to help you come up with more meaningful praise:

<ul style="list-style-type: none">● Curious● Creative● Determined● Patient● Excited● Honest● Participation● Caring● Attentive● Collaborative● Cooperative● Perspective● Courageous● Kind● Aware● Understanding● Sharing● Humorous	<ul style="list-style-type: none">● Playful● Charming● Helpful● Open● Thoughtful● Passionate● Humble● Patient● Relentless● Outspoken● Resourceful● Respectful● Methodical● Dependable● Committed● Artistic● Loyal● Dedicated	<ul style="list-style-type: none">● Intentional● Engaged● Intuitive● Pioneering● Challenging● Searching● Appreciative● Supportive● Bold● Colorful● Unique● Loving● Strong-willed● Flexible● Independent● Strategic● Brave
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