




**1 Thessalonians  
5:11 AMP**

**"Therefore  
encourage  
and comfort  
one another  
and build up  
one another,  
just as you  
are doing."**



**"Feeling  
gratitude and  
not expressing  
it is like  
wrapping a  
present and  
never giving  
it."**

**William Arthur Ward**

A tropical beach scene with palm trees, turquoise water, and a sunset sky. The text is overlaid in the center.

**Every person who you  
meet knows something  
you don't; learn from  
them.**

# appreciation noun

ap·pre·ci·a·tion (ə-ˌprē-shē-ˈā-shən) -ˌpri-, also -ˌprē-sē-

[Synonyms of appreciation >](#)

**1 a** : a feeling or expression of admiration, [approval](#), or gratitude

noun

1. Recognition of the quality, value, significance, or magnitude of people and things.

EVERYONE HAS VALUE!

**T** — **THINK** before you walk

**H** — be **HUMBLE** (don't just think about yourself)

**A** — **APPRECIATE** others ("esteem others"; Phil. 2:3)

**N** — we **NEED** each other

**K** — **KINDNESS** matters

**S** — appreciation builds **SELF-ESTEEM** (yours & others)

*"Appreciation can make a day,  
even change a life.*

*Your willingness to put it into  
words is all that is necessary"*

*- Margaret Cousins*