

# Being appreciative

Being appreciative is a positive and motivating approach to developing practice and enhancing participation. It underpins the My Home Life Programme.

It pays attention to the best in us, not the worst; to our strengths, not our weaknesses; to possibility thinking, not problem thinking.

## Discover

What is working well?

When do you feel most proud?

## Envision

How would you like things to be?

What do you value?

## Co-create

How can we work together to make it happen?

What strengths do people have that would help us?

## Embed

What can we do together to make it happen more of the time?

My home life®