

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[®]

www.myhomelife.org.uk