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**Do you like lively, juicy, free-flowing conversations that:**

...are full of laughter & life, humour & seriousness, entertainment and enlightenment?

...expand our awareness and our understanding of ourselves and each other?

...open us up to the possibilities in ourselves, in each other and in life?

**Yes? Play the game!**

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# APPRECIATION DEFINED & GIVEN

## DEFINED

### **An Increase In Value**

No two of us see anything in exactly the same way. When we share our ideas, awarenesses and understandings generously with each other we add to each other. In doing so we grow as individuals and as a community.

Through this growth we increase the value that we each bring to, and take out of, our lives. When we share our "selves" we become more! We grow! We appreciate!

### **An awareness of, and gratitude for, value**

Being aware of the wealth of wisdom and other values that we all have to offer each other makes sharing that wealth possible. Being grateful for the values that we receive from each other invites more sharing. The more we share and grow with each other the more appreciation we feel for each other!

## GIVEN

The Appreciation Game is dedicated to my parents for giving me life itself; to Barbara who inflamed my passion for no limit conversation; to Annah its midwife and spirit mother; to Irene with whom I learned many of the life lessons on which it is based; to Kim who gave me the gift of family; to Adrian, Ben & Sasha who give me reason to work for a better world for them to live in; to all of those participants whose criticisms and suggestions have contributed to the game's evolution to date and to you reading this in the hope that you will get as much fun and value out of playing it as I am in developing it.

With appreciation for all,

Bill Hanson  
Victoria, B.C., Canada