

How To:

- Gobbledygook can be done with two or more people, although in a self-session you will do gobbledygook alone. If there is a small group, everyone 'talks' to each other in gobbledygook non-words, rhythms and tones.
- In this type of communication it is acceptable for everyone to talk simultaneously or to listen and respond. This Energizing Option is about letting go of inhibitions and having fun creating strange sounds, rhythms and pitches.

5. Appreciation

- How often do we criticize and blame ourselves and others? How easily we get upset with those we are close to or those we work with, criticizing them for their weaknesses? And how seldom do we say thank you for the little things our family members, friends, colleagues and others do for us?
- The same applies to ourselves: it is too easy to ignore our positive qualities and strengths; we fail to appreciate who we are and the positive things we do and too often we are overly critical of ourselves.
- Appreciation, when genuinely given, energizes the giver as well as the receiver. It opens a channel for acknowledging others' positive qualities and the many things they are and do that we are grateful for.
- It encourages us to be grateful for the gift of life and to see what is positive in difficult situations – constantly turning our mind in an energizing direction. Appreciation challenges us to ask ourselves 'What is good about this,' rather than focusing on what is 'bad' about ourselves, others and 'life.'

How To:

- Be aware of what you appreciate at this moment about (yourself, your gifts and good qualities • what you have done well • someone else and their gifts and good qualities • what someone else has done well • your life).