



This issue builds resilience in...

Delegation

Appreciation

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How to receive more appreciation from others...

Many parents and carers feel like they're constantly giving and doing, with little or no appreciation in return. It may even seem that the only time when gratitude is expressed is when it's a special occasion or someone wants something. All give and no take can lead to arguments or losing patience, so here's a hand to train your family to show appreciation and thereby avoid the need to get frustrated and grumpy.

It's not you...

Have you had thoughts like, *"I must be doing something wrong. Everyone else seems to be appreciated."*, or worse, that you don't deserve to be appreciated? Or perhaps, the reason the family isn't showing their love and appreciation is because you're not enough in some way or another? You wouldn't be alone in this. It's a common default thinking style which leads to being overly responsible for others, taking on too much and then feeling resentful. Here are the most common mistakes in self-questioning that people make: *"Am I a good enough _____?"*, *"Do I do enough for my children?"*, *"Am I as good as ...?"* This is a recipe for relationship breakdowns. The more useful question to ask is, *"Am I doing the best I can right now with the resources that I have?"* and *"Am I being effective...?"*

It's what you're doing...

Too often we're giving out of an empty bucket and then wonder why people withdraw from us or become grumpy, when we're doing so much to help! It's one of the ironies of life, that when we give from an empty bucket, the gifts aren't appreciated very much. If you'd like people to be more appreciative, then it actually requires filling up your own bucket and giving from that, when it's

full and overflowing. Practically, this will probably require delegating more tasks to family members and doing less. Bizarrely, the less you do and the more you delegate, the more each member of the family will value the contributions of others.

Are you giving the opportunity to contribute

Delegation teaches others the value of effort and time. It's important to be openly grateful when others do contribute. *"Thank you so much for taking out the rubbish."* Modelling contribution, delegation and appreciation will fill everyone's buckets up. Start asking for more help and receive more appreciation and squash the self-doubt.

- ✓ All give and no take, does not a happy person make.
- ✓ It's not you, it's what you're doing!
- ✓ The more they do, the more they appreciate you.

"Asking is the beginning of receiving. Make sure you don't go to the ocean with a teaspoon. At least take a bucket so the kids won't laugh at you." Jim Rohn