

**An excerpt from  
from *Love is a Verb*  
by Glenn Van Ekeren**

*“In spite of our supersonic generation, high-tech wizardry, and computer gadgetry, there is no technical tool equal to praise.” —Jerry D. Twentier*

Upon accepting an award, Jack Benny once remarked, “I really don’t deserve this. But I have arthritis, and I don’t deserve that either.”

Wouldn’t it be great if appreciation would become as natural to give as undesirable life experiences were to contract? How many times do small, seemingly insignificant actions go unnoticed? The doers of such tasks feel they would be better off getting attention in unacceptable ways.

Consider the employee who came in late one morning only to be greeted by his supervisor who says, “Sam, you’re late!”

Sam goes about his duties thinking, “So that’s what I need to do to get noticed. Day in and day out I do my job without anyone paying any attention. Come in late and finally, they know I’m working here.”

People want to believe their efforts deserve praise, and they are willing to go to great lengths to receive it. Yet, expressing appreciation is one of the most neglected acts in relationships. When you observe people doing good things, let them know you recognize it. How? Glad you asked. Here are some simple phrases that will help you praise people and encourage them to repeat their positive behavior:

I appreciate the way you...  
I’m impressed with...  
You’re terrific, because...  
Thanks for going all out when you...  
One of the things I enjoy most about you is...  
I admire your...  
Great job with...  
I really enjoy working with you because...  
Our team couldn’t be successful without your...  
Thank you for your...  
You made my day when...  
You can be proud of your...  
You did an outstanding job of...  
It’s evident you have the ability to...  
I like your...

You deserve a pat on the back for...  
You should be proud of yourself for...  
I admire the way you take the time to...  
You're really good at...  
You've got my support with...  
What a great idea!  
It's evident you have a special knack of...  
You were a great help when...  
You have a special gift for...  
I enjoy being with you because you...  
You're doing a top-notch job of...  
It's fun watching you...  
I know you can do it!  
I believe in you...  
Your commitment to \_\_\_\_\_ is appreciated!

The power of positive praise is limited only by its lack of use. How many people do you know who could benefit from a sincere “congratulations” or “great job” or possibly even “you’re the best?” Silent appreciation doesn’t mean much. Let others know your positive regards toward them. They’ll live up to your compliment.

Samuel Goldwyn said, “When someone does something good, applaud! You will make two people happy.” Take time to look through that list of phrases you can use to applaud people. Use them frequently. Find additional ways to praise and increase people’s good feelings about themselves. You’ll be happy you did.

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