

## APPRECIATION LISTS

### **Dolphins:**

I appreciate...

their beauty

their love

their kindness

their playfulness

their athleticism

their protection

their soul

the feel they give me when I see them in the water

all the amazing memories I have had throughout the years

the jumping

the playing

the love

the support

the fun

the way they swim through the water

the way they surf in the wave

the way they always show up at the right time and place

the meaning behind their appearances

how strong they are

## **The Rain:**

I appreciate...

the sound it makes

the calm it brings

the way it soothes me

the way it relaxes me

the way it slows me down

the strength of it

the different types of sounds depending on how hard the rain is

the rain drops

the way the rain looks in the air

the way it cools the air on a hot day

the amount of water it brings

the replenishment to the environment

the natural supply of water it brings to people in need

the fun of jumping in the puddles

walking barefoot in the rain

just walking in the rain

getting stuck in the rain with friends

getting to buy new rain coats

getting to see all the cool stuff that comes out to waterproof you

## **Throwing Axes:**

I appreciate...

how much fun it is

all the different sizes and shapes of axes you can throw

the way the blade cuts through the wood target

the way the axe feels in your hands before you throw it

the weight of the axe

the place I got to go throw them at

the huge targets they had if fresh wood

the trick shots they showed me

hitting all the bulls-eyes

the release of energy into the throws

the newness of it all

seeing the building for the first time

seeing the axes for the first time

throwing an axe for the first time

realizing something new and fun to do

wanting to go again

how much fun I had

how easy it was

how good it felt

the puppy that showed up

