

LANGUAGES OF APPRECIATION

Identify the letter from each pair that is most important to you. Sometimes both will feel important; or sometimes neither will feel especially significant to you. Regardless, choose the one that is the most important to you of the pair presented.

<input style="width: 40px; height: 20px;" type="text"/>	A	Being told "thank you" for the work I do is really important to me.
	C	Receiving a gift card to my favorite store from my manager really encourages me.

<input style="width: 40px; height: 20px;" type="text"/>	B	After a large project has been completed, I like doing something special to celebrate with my team.
	C	After a large project has been completed, I like receiving some time off as a reward for my efforts.

<input style="width: 40px; height: 20px;" type="text"/>	D	I am energized when those around me help me out with tasks that need to be done.
	A	It motivates me when others praise me verbally.

<input style="width: 40px; height: 20px;" type="text"/>	D	I feel supported when those who work close to me help me out when I am overloaded with work.
	C	I experience an emotional lift when I receive a thoughtful gift from a coworker.

<input style="width: 40px; height: 20px;" type="text"/>	A	I am more likely to persist through a difficult task when someone acknowledges my hard work.
	B	I feel especially motivated when others show a genuine interest in my ideas and take time to listen.

<input style="width: 40px; height: 20px;" type="text"/>	D	I enjoy my work more when teammates offer to help me prepare for a big event or project.
	A	I enjoy my work more when those around me recognize my skills and contributions.

<input style="width: 40px; height: 20px;" type="text"/>	C	When I am having a difficult day, receiving a small gift from a coworker really encourages me.
	A	When I am having a difficult day, a compliment really encourages me.

<input style="width: 40px; height: 20px;" type="text"/>	B	I'm encouraged when I'm able to spend time together with my closest coworkers.
	D	I'm encouraged when my colleagues help me get caught up on tasks that are behind schedule.

<input style="width: 40px; height: 20px;" type="text"/>	C	I feel valued when people close to me celebrate my birthday by getting me a gift.
	B	I feel valued when people take time to listen to my concerns.

<input style="width: 40px; height: 20px;" type="text"/>	A	Being complimented for the work I do means a lot to me.
	B	Having regular one-on-one time with my manager makes me feel valued.

<input style="width: 40px; height: 20px;" type="text"/>	C	If I am discouraged, a small gift (i.e., humorous card, coffee, a treat) lifts my spirits.
	D	If I am discouraged, someone offering to do a small favor for me lifts my spirits.

<input style="width: 40px; height: 20px;" type="text"/>	B	When a coworker offers a listening ear to my concerns, I find myself feeling more positive about work.
	D	When others work with me to get projects done, I find myself feeling more positive about work.

	A
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Words of affirmation

	B
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Quality time

	C
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Tangible gifts

	D
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Acts of service