



Appreciative Living

It's all about joy...

By Jackie Kelm

2009 AI World Conference

www.AppreciativeLiving.com



Appreciative Inquiry

- David Cooperrider & Suresh Srivastva
- Positive, strength-based org. transformation
- 5 Original Principles
- Appreciative Living: Applying AI Personally
 - *Appreciative Living: The Principles of AI in Personal Life* (Kelm, 2005, Venet Publishers)
 - *The Joy of Appreciative Living: Your 28 Day Plan to Greater Happiness in 3 Incredibly Easy Steps* (Kelm, 2009, Tarcher/Penguin)



Appreciative Inquiry Principles

- Constructionist Principle
- Poetic Principle
- Anticipatory Principle
- Positive Principle
- Simultaneity Principle



Constructionist Principle

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes. ~Marcel Proust

- We construct stories about what happens
- Identity is a story
- “We see things as we are, and not as they are” ~The Talmud



Poetic Principle

“We can only see what we have grown an eye to see.”

- E.F. Schumacher

- **Whatever you focus on, expands**
- **Choose to look for the good**



Anticipatory Principle

*“Whether you think you can or you think you can’t,
either way you’re right.” ~Henry Ford*

- We live into our pictures of the future
- Visualize what you want most



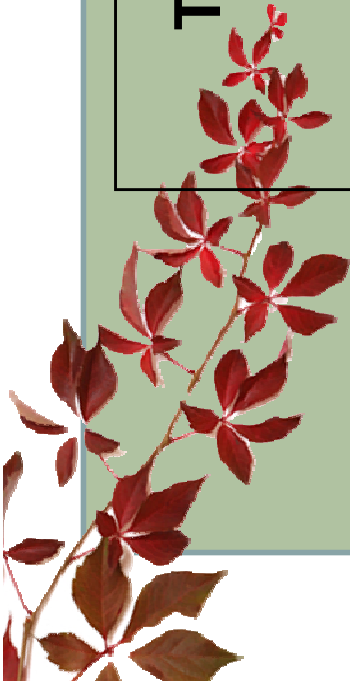
Simultaneity Principle

Questions ignite change

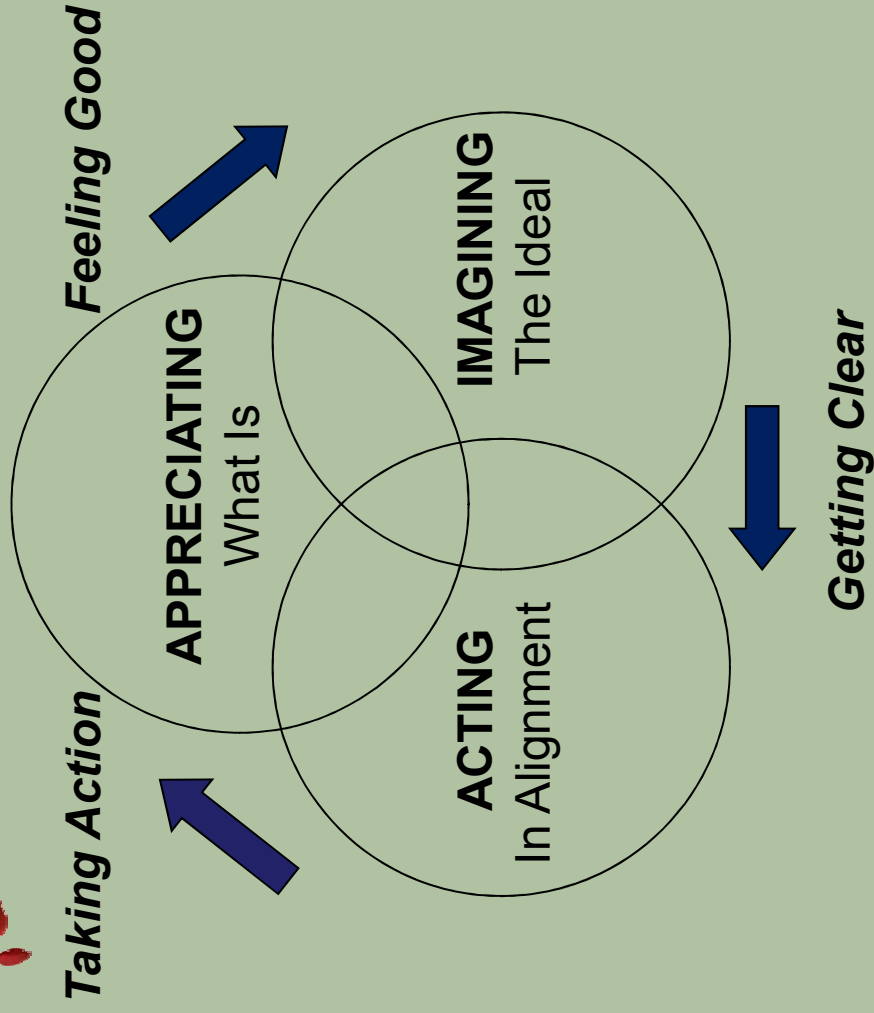
See Info/articles Tab at www.AppreciativeLiving.com for how to use questions to improve health, career, relationships and more.

Positive Principle

Positive focus creates positive spirals



The AIA 3-Step Process



www.AppreciativeLiving.com

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Appreciating What Is

Using the Appreciative Living 3-Step Process			
Step	Effect	Ask Yourself...	Do...
Appreciating What Is	Feeling Good	What good can I find, or what can I learn?	Make a Gratitude List

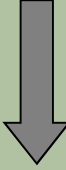


Imagining the Ideal

Using the Appreciative Living 3-Step Process		
Step	Effect	Do...
Imagining the Ideal	Getting Clear	Visualize the Ideal
	What do I really want in the future?	



Acting in Alignment

Using the Appreciative Living 3-Step Process		
Step	Effect	Do...
Acting in Alignment	Acting Now	What one thing can I do, no matter how small, to move me in the direction of what I want? Answer this Question 



Using the AIA 3-Step Process

Using the Appreciative Living 3-Step Process		
Step	Effect	Do...
Appreciating What Is	Feeling Good	Ask Yourself... What good can I find, or what can I learn? Make a Gratitude List
Imagining the Ideal	Getting Clear	What do I really want in the future? Visualize the Ideal
Acting in Alignment	Acting Now	What one thing can I do, no matter how small, to move me in the direction of what I want? Answer this Question ↓



2006 Joy Study

- 30 People across US & Canada
- 3 Appreciative Exercises for 28 days
- Still happy six months later
- Came to AI principles on their own



Appreciative Living Learning Circles

- Vision & Design: 70 people, 6 Countries
- 4-Week classes, 90 mins. each
- Anyone can facilitate
- Visit www.AppreciativeLiving.com and click on the “Learning Circles” tab



*“The optimist proclaims we live in
the best of all possible worlds.
And the pessimist fears this is true.”*

~ James Branch Cabell



Create the world you want to live in
with Appreciative Living.

For more information:

Email Jackie Kelm: JKelm@AppreciativeLiving.com

Visit our website: www.AppreciativeLiving.com

Call: (843) 881-1106