

The **POWER**
of ACKNOWLEDGMENT
by Judith W. Umlas

The 7 Principles of Acknowledgment

- 1 The world is full of people who deserve to be acknowledged.
- 2 Acknowledgment builds trust and creates powerful interactions.
- 3 Acknowledgment neutralizes, diffuses, deactivates, and reduces the effect of jealousy and envy.
- 4 Recognizing good work leads to high energy, great feelings, high-quality performance and terrific results.



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- 5 Truthful, heartfelt and deserved acknowledgments make a difference, sometimes a profound one, in a person's life and work.
- 6 It is likely that acknowledgments can improve the emotional and physical health of both the giver and the receiver.
- 7 Practice different ways of getting through to the people you want to acknowledge.



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