

My Recognition Currency

We know that recognition in its various forms can have a positive and profound effect and are key to feeling and doing better at work and in life.

Three types of recognition are **Acknowledgement**, **Admiration** and **Appreciation**. Knowing our own and others' currency (what we prefer) is key to recognizing ourselves and others in a way that is the most satisfying and fulfilling.

Take a moment to reflect on your preferences; your currency for the three types of recognition. Once you are clear on what you value, be sure to share that with the people who are key to supporting and developing you and your success at work. that is the most satisfying and fulfilling.

Acknowledgement

Think about how you like to be acknowledged at work? What are one or two behaviours or statements that would help you feel that you or your efforts are being acknowledged?

Admiration

Think about how you like to be admired at work? What are one or two behaviours or statements that would help you feel that you or your efforts are being admired?

Appreciation

Think about how you like to be appreciated at work? What are one or two behaviours or statements that would help you feel that you or your efforts are being appreciated?
