

## **The Greatest Gift- to Recognizing Others!**

Remember the movie *Pay it Forward* in which an 11 year old boy presented his teacher with a new concept by which to 'change the world'? The concept was to do unsolicited favors for three other persons, obligating each of them to also do favors for three others which would be followed by exponential expansion until the favors and good deeds encircled the planet. The simple concept resonated with audiences worldwide and in fact *did lead* to virtually millions of these positive interactions, often between complete strangers! I believe the goodwill continues to spread across our planet to this day.

I want to build on that concept. With the holidays upon us it's clear that people everywhere want to get gifts for others- and it occurs to me how much the gift of recognition can be like paying it forward. I feel equally positive about the prospect of improving the world, well at least *our world and that of those around us*, by simply recognizing others.

Everyone needs recognition and most people deserve to receive it, either for their positive behavior or perhaps good performances. By recognizing the positives that we observe, we help others to see the good within themselves and to appreciate their own strengths and how they are contributing towards their families, workplaces and community- how important is that?

The 'magic bullet' in recognition is that literally *what gets recognized gets repeated*. So if you see something happening that you really like and want to see more of it in your home, your workplace or wherever you happen to be, just recognize it! Let me give you an example in which I was once surprised to receive recognition.

While leaving the cashier at a grocery store, two seniors were ahead of me and the stooped and elderly gent was taking very slow and labored steps while struggling to return his wallet to his back pocket. I could have squeezed between the couple at the risk of crowding them... and being in a hurry I did give brief thought to do that. But catching myself, I froze not saying anything and without feeling the need to hurry them or myself along, perhaps seeing wonder in that moment.

I recall enjoying the patience I'd found within, and that I was appreciating this splendid couple before me. After a long while, with the wallet now secure in his back pocket, the gentleman moved along and I was able to walk past giving the couple a wink and receiving a smile in return. Then it happened- as I walked into the parking lot a rather large and gruff looking man walking behind me took the time to say that he had noticed my patience and kindness towards the old folks and 'good on you', he said as he climbed into the cab of his service truck.

I was warmed to think that someone had not only noticed my extra effort that day, but had actually made an affirming and 'reinforcing' comment about it. To me this was a big deal, and it reminded me how much I can contribute to men, women and children with whom I interact by being especially keen at noticing 'the good stuff' that is happening around me and giving recognition.

So I encourage you to think about recognition as a very real kind of pay it forward. The example we give in recognizing the good work and behaviors of those around us may well cause them in turn to more frequently recognize others...creating an actual chain reaction- *just imagine how far this may go!* Oh, and did I mention that giving recognition feels just as good to 'give' as it is to 'receive'? It's true, so lots in it for you!

Join with me over the holidays to give the very real and valuable gift of recognition, reveal to others just how wonderful they are and adding to the hope they can hold about their future... Recognize well!

"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life."

Christiane Northrup  
Medical Doctor and Author of [Mother-Daughter Wisdom](#)