

# Center for Greatness

## Emotionally Nutritious Words

### DESCRIBE WHAT IS RIGHT ABOUT THE PERSON IN FRONT OF YOU.

In the Nurtured Heart Approach®, created by Howard Glasser, this type of recognition is called Experiential Recognition (what you see + the value).

Ask yourself "What is so great about what I am seeing?" or "What do I appreciate about this moment in front of me?" Remember to stay in the NOW and relentlessly refuse to admire in silence.

Here is an example of how you may use these words to recognize and reflect what is right. "I see, notice, etc. that you are (fill in emotionally nutritious word) because..." (describe specifically what evidence you have of this by their actions).

A great example	Compassionate	Flexible
A great listener	Connected to others	Forgiving
A hard worker	Considerate	Full of (add own word)
A helper	Constructive	Full of generosity
A joy	Content	Full of joy
A problem solver	Contributing to a quiet classroom	
A spirit warrior	Cooperative	Generous
A warrior of good	Courageous	Gentle
Able to think ahead	Courteous	Genuine
Acting creatively	Creating a peaceful place	Giving
Acting responsible	Creative	Giving of your time
Admirable		Good-hearted
Appreciative	Dedicated	Gracious
Artistic	Deep thinker	Grateful
Attentive	Delightful in spirit Detail-oriented	
Attentive to detail	Demonstrating integrity	Handling strong emotions
Attuned to others	Determined	Having a servant's heart
Authentic	Dignified	Having an open mind
Aware	Discerning	Having unique ideas
		Helpful Harnessing your energy for good
Being inspirational	Eager to learn	Honest
Being powerful A good friend	Easy to like	Honorable
Being wise	Efficient	Hopeful
Brave	Empathetic	Humble
Brilliantly thinking	Encouraging	Humorous
Bringing out the best in others	Energetic	
	Exceeding expectations	
Capable of solving problems		Independent
Centered	Fair	Inquisitive
Clear	Faithful Focused	Inquisitive Intuitive
Committed	Fearless in learning	Inspiring

# Center for Greatness

Intelligent	Persistent	Strong on the inside
Joyful	Pleasant	Sunshine to others
Kind	Polite	Tactful
Kindhearted	Positive	Teachable
Lighthearted	Powerful	Tenacious
Likable	Powerfully spirited	Tenderhearted
Logical	Productive Purposeful Passionate	Thankful
Looking out for others	Questioning	Thoughtful
Loving	Quiet	Thrifty
Making an insightful inference	Reasonable	Trustworthy
Making a solid educated guess	Receptive to new ideas	Understanding
Making great choices	Refined	Unifying
Managing your time well	Relationally focused	Uplifting
Merciful	Relentless	Using a pleasant voice Using your great mind
Mindful	Relentless in finding the answer	Vibrant
Motivated	Respectful	Vigilant
Neat	Respecting of self	Visionary
Observant	Seeing the big picture	Warm
Open-minded	Seeking justice	Weighing your choices
Organized	Self-controlled	Welcoming of all
Overflowing with thoughtfulness	Sensing what is right	Well mannered
Overflowing with patience	Sensitive to others' needs	Wise
Patient	Showing integrity	Youthful
Peaceful	Showing wisdom	Zestful
	Sincere	
	Soulful	
	Spiritually wise	
	Steadfast	

**Challenge:** Take these words and start your own day with the ABC's. "I am the greatness of..." or "I have the spirit of ...." Start with an A word and continue. Remember to describe specifically how you demonstrate these qualities in your life.

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