



## 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 joy	Being powerful	Detail-oriented
A good friend		
A great example	Compassionate	Exceeding expectations
A hard worker	Centered	Efficient
A helper	Cooperative	Easy to like
A great listener	Creative	Empathetic
A warrior of good	Courageous	Eager to learn
A spirit warrior	Constructive	Energetic
A problem solver	Clear	Encouraging
Able to think ahead	Committed	
Artistic	Courteous	Fearless in learning
Attuned to others	Content	Fair
Aware	Connected to others	Faithful
Authentic	Creating a peaceful place	Focused
Acting creatively	Contributing to a quiet	Forgiving
Acting responsible	classroom	Full of generosity
Admirable	Considerate	Full of joy
Appreciative	Capable of solving problems	Full of (add own word)
Attentive		Flexible
Attentive to detail	Dedicated	
	Deep thinker	Generous
Being wise	Determined	Gentle
Brave	Discerning	Giving of your time
Bringing out the best in others	Dignified	Giving
Being inspirational	Demonstrating integrity	Grateful
Brilliantly thinking	Delightful in spirit	Genuine

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

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.