



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

# NH NurturedHeart

Helpful  
Harnessing your energy for good

Handling strong emotions  
Having unique ideas  
Having an open mind  
Having a servant's heart  
Honorable  
Honest  
Hopeful  
Humorous  
Humble

Independent  
Inspiring  
Inquisitive  
Intuitive  
Intelligent  
Inquisitive  
Joyful  
Kind  
Kindhearted

Loving  
Looking out for others  
Likable  
Lighthearted  
Logical  
Managing your time well  
Making great choices  
Making an insightful inference  
Making a solid educated guess  
Motivated  
Mindful  
Merciful

Neat  
Organized  
Open-minded  
Overflowing with thoughtfulness  
Overflowing with patience  
Observant

Polite  
Patient  
Positive  
Peaceful  
Powerful  
Powerfully spirited  
Productive  
Purposeful  
Passionate  
Pleasant  
Persistent

Quiet  
Questioning

Reasonable  
Relationally focused  
Respectful  
Respecting of self  
Refined  
Receptive to new ideas  
Relentless in finding the answer  
Relentless

Seeing the big picture  
Sincere  
Sensitive to others' needs  
Self-controlled  
Sunshine to others

Showing integrity  
Seeking justice  
Showing wisdom  
Steadfast  
Soulful  
Strong on the inside  
Sensing what is right  
Spiritually wise

Trustworthy  
Teachable  
Tenderhearted  
Thankful  
Thrifty  
Tactful  
Thoughtful  
Tenacious

Understanding  
Using a pleasant voice  
Using your great mind  
Uplifting  
Unifying

Vibrant  
Visionary  
Vigilant

Warm  
Wise  
Well-mannered  
Welcoming of all  
Weighing your choices

Youthful  
Zestful

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 describespecifically how you demonstrate these qualities in your life.