Being appreciative is a positive and motivating approach to developing practice and enhancing participation. It underpins the My Home Life Programme.

It pays attention to the best in us, not the worst; to our strengths, not our weaknesses; to possibility thinking, not problem thinking.

**Discover**

What is working well?
When do you feel most proud?

**Envision**

How would you like things to be?
What do you value?

**Co-create**

How can we work together to make it happen?
What strengths do people have that would help us?

**Embed**

What can we do together to make it happen more of the time?

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www.myhomelife.org.uk