

The Wheel of Appreciation Practice



By Kidest OM



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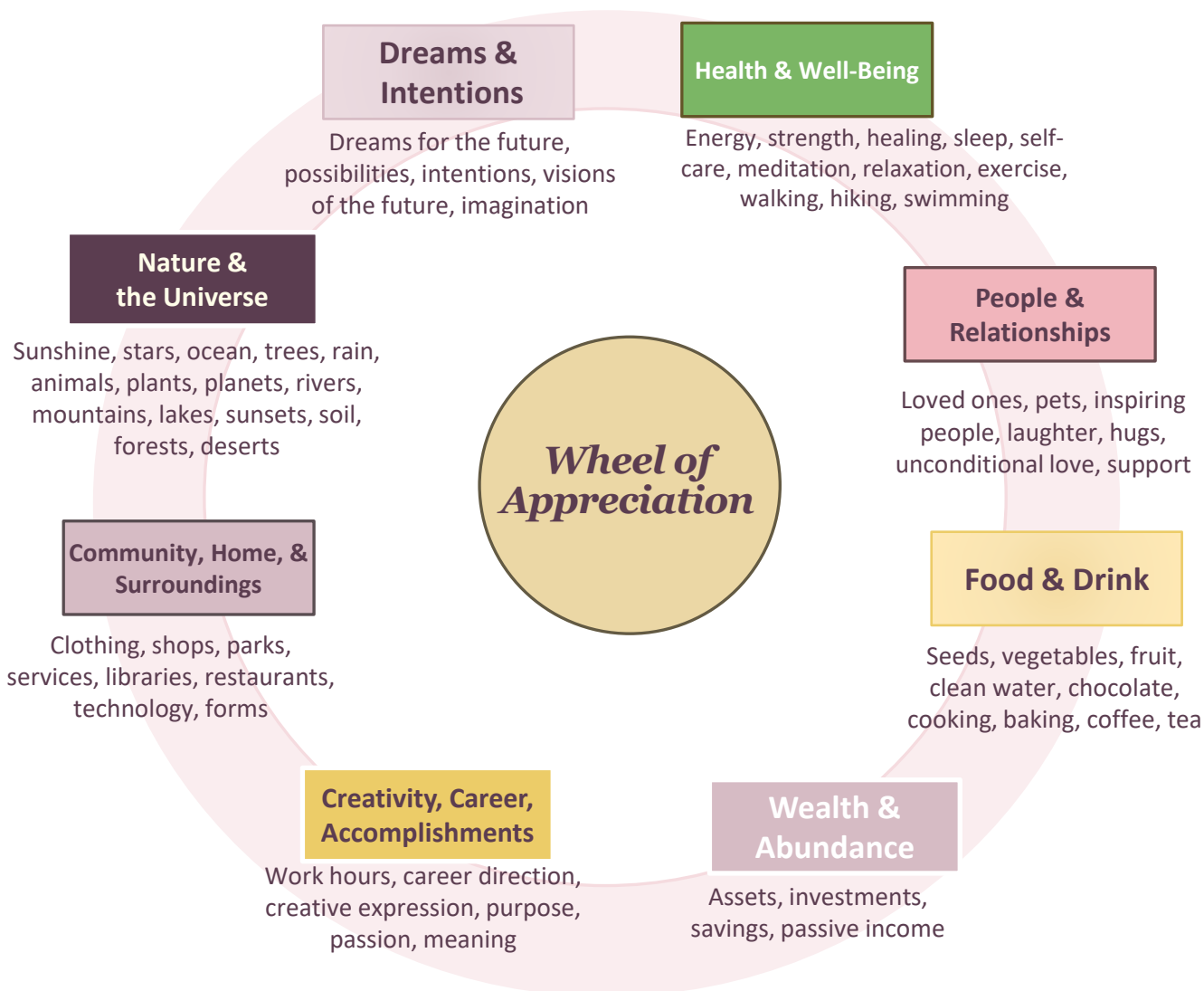


Instructions

How to use the Wheel of Appreciation:

Use the Wheel of Appreciation for your 3-to-5-minute gratitude practice. By focusing on each life area and what you are grateful for within it, you'll tap into the energy and feeling of gratitude.

The Wheel of Appreciation



PRACTICE APPROACH: 3-MINUTE APPRECIATION FLOW



After looking at the wheel, choose 3 categories to focus on today. For each one, write one specific appreciation, add why it matters to you, and pause long enough to feel it. This keeps the practice simple, fresh, and emotionally meaningful.

Select: Choose 3 categories from the wheel.

Deepen: Write one detailed appreciation for each category.

Savor: Pause for 10–15 seconds and notice the feeling of appreciation in your body.

DAILY PRACTICE PAGE

Use this page as your daily written practice. Choose three areas from the wheel, write one clear appreciation for each, and name why it matters; this helps move the practice from a general list into a more personal and emotionally felt reflection.



Date: _____

Today I will focus on these 3 categories:

1. _____
2. _____
3. _____

Category	One specific thing I appreciate today	Why it matters to me
1.		
2.		
3.		

Fresh Attention Cue

Use this section to notice one small blessing, support, or positive detail you usually pass over.

Why this practice: it trains your attention to find appreciation in ordinary moments, not only in big events.



What is something I appreciated today that I normally overlook?

Interpersonal Appreciation

Use this section to bring one person to mind and form a simple sentence of appreciation for them.

Why this practice: Appreciation often becomes stronger when it is connected to relationships, kindness, and shared human support.



One person I appreciate today is _____.

One sentence I could say or send to them is:

Future Appreciation

Use this section to appreciate a desired experience, possibility, or intention before it fully arrives.



Why: it helps you practise feeling open, hopeful, and connected to the future you are choosing to move toward.

Something that has not happened yet, but feels possible, that I can appreciate now:

MOOD CHECK

Use this section to check in with how you feel before and after the practice. Circle the number that best matches your current emotional state.

Why this practice: it helps you notice the emotional effect of appreciation and build trust in the practice over time.



Mood before practice:

1 = very low / heavy

5 = neutral / okay

10 = very positive / uplifted

1	2	3	4	5	6	7	8	9	10
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Mood after practice:

1 = very low / heavy

5 = neutral / okay

10 = very positive / uplifted

1	2	3	4	5	6	7	8	9	10
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Micro-Moment Examples



Use these examples when you cannot think of what to appreciate. Choose small, specific moments. These are often easier to feel deeply than broad or abstract ideas.

- ✓ The warmth of a drink in your hands
- ✓ A moment of quiet, rest, or deep breathing
- ✓ Sunshine, rain, trees, animals, stars, or the ocean
- ✓ A helpful message, smile, compliment, or kind gesture
- ✓ Your body's energy, healing, strength, sleep, or ability to move
- ✓ A possibility, intention, or dream that feels alive in you

Tiny Gratitude Challenges



Use these challenges to keep the practice fresh and playful. Changing the focus each time helps you discover new sources of appreciation and prevents the exercise from feeling repetitive.

- ☐ Appreciate something you cannot see right now.
- ☐ Appreciate something from nature.
- ☐ Appreciate something about your body.
- ☐ Appreciate something about your future.
- ☐ Appreciate something that usually feels ordinary.

Weekly Reflection

Use this section at the end of the week to look back and notice patterns in what you appreciated. This will help you see what is nourishing, supportive, and meaningful in your life right now.



At the end of the week, look back over your entries.

What theme of appreciation showed up most often?

Wheel of Appreciation – 30 Day Practice Tracker



Month: _____

Year: _____

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30



Next Steps

You've completed a full appreciation practice, using the Wheel of Appreciation to notice, deepen, and savor gratitude across every area of your life. Remember:

- Return to the Wheel daily for your 3-to-5-minute practice, choosing 3 categories to appreciate
- Deepen each entry by naming why it matters, then pause long enough to truly feel it
- Use the Mood Check before and after to notice how appreciation shifts your emotional state
- Revisit the Weekly Reflection to see which themes nourish and support you most

Grounded in research on gratitude, neuroplasticity, and the broaden-and-build theory



References

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About Kidest OM

Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling experiences.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and follow-through transform intention into reality.

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★★★★★ 
Must read!!

★★★★★ 
Helpful and inspiring

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★★★★★ 
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