

THE 21 DAY LEADERSHIP CHALLENGE

5 LANGUAGES OF APPRECIATION – ASSESSMENT*

What would make you feel most appreciated?

DIRECTIONS: Number these in order of liking, with 5 being what you would most appreciate down to 1.

Group One:

- a. _____ Your leader tells you how much your team likes you as their leader.
- b. _____ Your leader unexpectedly steps in to your role so that you can take a much-needed break.
- c. _____ A team member brings you your favorite candy bar.
- d. _____ Your leader invites you to a walking meeting to learn how you are doing.
- e. _____ Your leader makes a point of giving you a handshake before leaving.

Group Two:

- a. _____ Your leader says, “You did a really great job on that report. I appreciate it.”
- b. _____ Your leader stays after work to help you finish a project.
- c. _____ Your leader brings you a small birthday gift.
- d. _____ Your leader stops by to talk to you about your day.
- e. _____ You get a high five from your team members for a job well done.

Group Three:

- a. _____ During a meeting, a team member tells a story of one of your successes.
- b. _____ Your leader gives you practical help so that you can solve a problem.
- c. _____ Your leader gives you a token for years of longevity.
- d. _____ Your leader conducts a one on one with you.
- e. _____ Your leader pats you on the back in a friendly way.

Group Four:

- a. _____ You get a note explaining how much he/she values your work ethic from your leader.
- b. _____ Your leader reworks the schedule so that you have the right number of people to get the job done.
- c. _____ A team member brings you lunch.
- d. _____ Your leader sits with you at lunch.
- e. _____ Your team members all give you a fist bump for finishing a task.

RESULTS: Add the numbers for each letter and place them below.

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|----|-------|----------------------|
| A. | _____ | Words of Affirmation |
| B. | _____ | Acts of Service |
| C. | _____ | Tangible Gifts |
| D. | _____ | Quality Time |
| E. | _____ | Physical Touch |

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*Based upon The Five Languages of Appreciation at Work by Chapman and White.