

Weekly Wisdom



Grow the Green for You and Your Team



“What you think, you become. What you feel, you attract. What you imagine, you create.” -- Buddha

The Power of Appreciative Inquiry

In many ways, Wisdom and Wellbeing has its roots in “Appreciative Inquiry” (Ai). Ai is an organizational change strategy that asks, *“Who are we when we’re at our best and how do we get more of that?”*

We’ll share more about Ai this year in these emails, but for now, let’s explore the foundational principles of Ai. Consider how to use these concepts at work, at home, and in between.

Constructionist Principle. Our words create our worlds. “This patient is so needy” vs. “This patient needs our help.”

Simultaneity Principle. Positive questions result in positive change. “What went well on the night shift?” vs. “What went wrong?”

Poetic Principle. There is beauty in everything, even the hard things.

Positive Principle. Positive change happens best when we feel encouraged and supported.

Anticipatory Principle. We move toward the vision of the future we hold in our minds. The more positive the vision, the more positive the future.