

Before I praise

Check Your Praise Intention | Praise & encouragement

Ask yourself: "Am I noticing something real, or trying to get them to do what I want?"

Use these prompts for your own preparation. Leave out identifying details you do not need.

The action I appreciate

My reason for saying something

Any comparison or hidden request to remove

My revised observation

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.