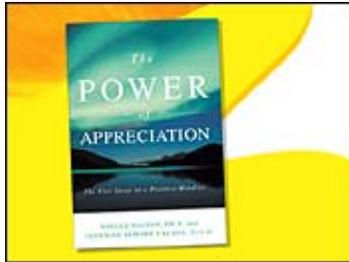




**THE SATURDAY EARLY SHOW**  
**Appreciation: Power For 2005**

NEW YORK, Jan. 1, 2005



**(CBS)** If you're hoping to get this new year off to a good start when it comes to your home life, your job and relationships, Dr. Noelle Nelson can help, and **co-anchor Gretchen Carlson** finds out how on ***The Saturday Early Show*** on New Year's Day.

Dr. Noelle (as she is known to her patients) is a clinical psychologist, life coach and author of the book, "The Power of Appreciation," and so it follows that she believes the key to a fresh start is learning to **appreciate** the things in your life.

Making a conscious effort to use appreciation is a great way to start the New Year; specifically, within yourself, in relationships and at work.

**Here are some ways to actively appreciate your work:**

1. **Turn your password into an uplifter:** You know that password you type in 50 times a day at work? Instead of typing in something cute or meaningless, type in an uplifting message to yourself, like "great day" or "happy work" or anything that puts a spring in your work step.
2. **Learn to say "How can I help?" instead of "Whaddya want?"** People are much more inclined to be nice to you and appreciative of you if you answer their concerns with compassion instead of defensiveness. "How can I help?" sets you up on the right foot.
3. **Every day, on your way to work, think of one thing you like about your job:** Even if right now you can't think of anything, tell yourself, "You know what, today I'm going to find one thing I like about my job." Over time, you'll be surprised at how much happier you'll be going in to work.
4. **You can never say "thank you" too much:** It doesn't matter whether it's something that's done automatically, like the mail person dropping the mail on your desk, or your supervisor criticizing something you did -- saying "thank you" will make things run smoother and easier. Be sure your "thank you" is genuine, though. A sarcastic "thank you" will never work. So if you're thanking after receiving criticism, you're thanking the person for taking the time and being caring enough to help you make your work better. That's worth thanking for.
5. **Go to Tahiti:** When you feel the stress mounting at work, take a moment to breathe deeply, close your eyes, and imagine yourself on a beautiful beach in Tahiti -- or wherever else spells "no stress" to you. Stay there for a moment or two, appreciate the calm, and you'll be in much better shape to continue your day.
6. **Make your co-workers, supervisors and others at work feel special and valued:** Do this by using their names and looking them in the eye when you greet them, instead of muttering your usual "hi" under your breath, hardly knowing who you said it to. When you make people feel special, they tend to treat you as more special too.
7. **Take the last 15 minutes of your workday to organize your workspace for tomorrow:** First, review what you've accomplished and let yourself feel good about that. Then jot down what you need to get to tomorrow. Clean up your work area as best you can, then let it go! It's much easier to start the next day on a positive note when you've wrapped up the previous day instead of endlessly dragging one day into the next.