

The FROG™ Intention: Forever Recognize Others' Greatness™

What is it?

Recognition is one of the most powerful tools for building meaningful connections. When we recognize someone, we send them a message: your unique contributions are noticed, valued and appreciated. Ultimately, it reinforces that others matter and are making a difference.

Recognizing greatness specifically is about always believing that people have the resourcefulness and motivation to grow into their true potential by leveraging their unique talents, passions and virtues. Workplaces can thrive by engaging and embracing the FROG intention (**Forever Recognize Others' Greatness™**), focusing on what is already present and working rather than trying to change or fix deficits. They believe they already have the talent required in the organization to create and enjoy shared success.

When is it most effective?

Always! Every time we observe or interact with one another, we have the opportunity to look for and acknowledge this greatness. It is a continual process of intentionally noticing, acknowledging and nurturing the most resourceful part of each other.

Where do we practice it?

Anywhere we happen to be.... at the office in team meetings, at home around the dinner table, with a friend or even by ourselves in quiet moments. Greatness is everywhere. Have you ever thought that someone has done a good job, planned to let them know, but sadly neglected to share this knowledge with them by the end of the day? When we establish our intention to embrace FROG, we elevate the priority of recognition so we don't miss these rewarding opportunities.

Why do it?

The better question is, why not?

By directing our attention to talents, virtues and passions, we embrace the notion that we travel farther by focusing on what already exists which is working rather than trying to fix problems and overcome deficits. The energy that can build from this approach propels people forward and is contagious; it can start with one conversation or one meeting, between two individuals or as an entire team.

What can be achieved naturally are more meaningful connections, optimal work performance and increased satisfaction, not only at work but extending into our personal lives.

In our fast-paced world, we need to nurture this intention more than

ever before. Recognition requires us to slow down long enough to be able to notice and genuinely appreciate what's already in front of us.

In workplaces craving trust, loyalty and retention, this recognition is more than a key solution... it becomes a strategic goal to which each of us can contribute and from which everyone can benefit.

FROG is the active process of intentionally observing and then acknowledging the talents, passions, and virtues of others. The goal is to reflect and learn how to harness the power of these experiences to further grow and evolve them into something bigger.

The FROG Process



How can you do it?

We need to start with ourselves. For some of us, this may be difficult. Difficult, but necessary. The more we practice recognizing our own greatness, the easier, more authentic and automatic it is to do with each other. It becomes a habit and enables a shift in mindset, forever impacting how we see, acknowledge, reflect and act in the world.

What we choose to focus on grows. We can set the intention to focus on complimenting, for example, by having physical reminders of tools for recognition in our pocket. How many more times might we be cued to make the most of opportunities if, every time we reached into our pocket, we pulled out a squishy frog or a greatness notepad?

Organizations can encourage a recognition focus whenever there is a specific event in which people are encouraged to practice acts of recognition. Or during the holiday season when there is a spirit of giving, there can be a shift in energy when individuals are more generous with their compliments, smiles, and acts of helpfulness.

The "how" naturally falls out of our intention and an environment that fosters it. Maintain your focus every day so you're able to find your own "how" to truly benefit from greater energy and generosity as they become a natural part of your daily practice.



FROG Reflections:

- Visualize yourself in one year. What will you have done differently that tells you that you are living FROG style?
- What will your colleagues, family, friends be noticing differently about you with this FROG intention?
- Suppose you were to practice this every day, what difference would that make?
- What is your first small step in your practice of FROG?
- On a scale of 1 to 10 (with 10 being "I am a Master FROG"), where would you say that you are right now?
- Where would you like to be?
- Who could help you to become successful in your FROG commitment?

Start right now by establishing your FROG Intention:

Today, I will: _____

This week, I will: _____

This month, I will: _____

I'll notice that I've been successful when: _____

My colleagues, friends and family will notice my success when:

As a result, my colleagues, friends and family will: _____

We hope that you have enjoyed learning about how to capitalize on daily opportunities with **FROG** intensions and reflections by using strategic coaching questions.

**Check out our newest
FROG™ products**

Forever Recognize Others' Greatness™

For more questions similar to these, order your **Coaching Greatness FROG™ Style Cards** today.

**GREATNESS
MAGNIFIED**



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