

Compliments

Expressing positive things about another person is like giving them a gift. It says you recognize something special, unique or even just ordinary about them. By bringing it to their attention you are encouraging them to continue doing or being that positive way. It is also important to tell them how it affects you. An example could go like this: "You called to tell me what you would like to do this evening. You are sensitive to my need to plan a little in advance and I appreciate that you are considering my preferences." Please give 3 compliments a day to anyone with whom you are living or spending a lot of time (spouse, children, co-workers, or friends).

Person _____

Their positive quality, trait or action _____

How you felt or how it affected you _____

Person _____

Their positive quality, trait or action _____

How you felt or how it affected you _____

Person _____

Their positive quality, trait or action _____

How you felt or how it affected you _____
