

BETTER THAN YOUR MORNING COFFEE

A KIND WORD

Compliments are Like Sunshine, They Brighten the Day

1

What Works When Complimenting. Give authentic and sincere compliments focusing on a person's character, intelligence, and uniqueness. Use words like brilliant, creative, thoughtful, inspiring, and dynamic.

COMPLIMENT THREE PEOPLE A DAY

There's a new way to keep all the compliments we receive in one handy place—your iPhone.

Hashmark: The Feel Good App. It's free from Lee.



2

Creative Ways to Give Compliments. Write it on a sticky note and hide it where they'll find it later. Praise them in a post for all to see. Write several compliments on small slips of paper and put them in a jar.

ENDORSE SOMEONE ON LINKEDIN

3

Complimenting for Introverts. Cards, texts, and e-mails containing compliments are easier to give and appreciated by the recipient because they can be saved.

BUY CARDS AT DOLLAR TREE

4

How to Receive a Compliment. Just say "thank you" when someone offers you praise. Try not to diminish their kind words by deflecting them. It's actually rude.

DON'T FORGET TO PRAISE YOURSELF



Helping People Feel Better
About Themselves.

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Lee Silber is leading a movement to make people feel better about themselves, one kind word at a time. Lee is a leading speaker on increasing confidence.

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