Try these prompts to brighten your mood and to bring joy to others:

1. Think about the people with whom you will converse today and decide on compliments to give them. How have you seen them succeed in work or personal matters? Try starting with, “I’m impressed by how you…”

2. Share what you like about spending time with your family, friends, and colleagues. “I enjoy… with you.”

3. Consider a character trait that you value in those you care about, and let those people know the positive impact that trait has on you. “You inspire me when I see your… [patience, kindness, persistence, assertiveness, etc.].”

4. Recognize people for the small tasks they do each day. You might wonder if there is value in thanking someone for something that is expected of them, but imagine how much more difficult your day could become if the person wasn’t doing those tasks. And, sharing compliments can help someone continue working during a particularly difficult day. You might say, “I’m so glad I can rely on you to… because my day is smoother thanks to your efforts.”

5. Last but not least, accept a compliment or kindness that is offered to you because being a gracious receiver is a gift to the giver. Avoid contradicting or dismissing the compliment. Allow yourself to believe sincere compliments given to you, and you might reply, “Thank you for your kind words!”