Do you compliment others on how they look – their hair, clothes, makeup, etc.? Compliments on outward appearance are offered in kindness and can bring a smile to others; however, to make your compliments even more impactful, try focusing on positive qualities in others that relate to who someone is on the inside.

- Try complimenting someone on their positive character traits, such as honesty, thoughtfulness, patience, and assertiveness.
- You can help others feel confident to take on new tasks by complimenting them on the effort they put into a big project or the dedication they show in practicing for a competition, whether or not it ultimately leads to a win or a loss.
- Compliment someone for being compassionate in the way they often notice those struggling around them and then take action to assist those in need.
- You can help others feel more motivated by complimenting them on how they face new challenges with high energy and strong focus.
- Help others feel the freedom to ask for clarification when they don’t understand something by complimenting them on their insightful questions.
- Compliment someone on how their eye contact and undistracted attention help you feel heard and connected when communicating.
- Let others know when their active listening or feedback helps you feel understood. By intentionally complimenting people on their ideas, actions, and internal qualities, you can help them feel seen and valued for who they truly are on the inside. Give yourself and those around you a boost of positivity through compliments today!

You Can Help Others By Giving Specific Compliments

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org