

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #48: COMPLIMENT SOMEONE YOU LOVE



“Everyone likes a compliment.” - Abraham Lincoln

As Honest Abe so eloquently stated, compliments are universally liked. Even better, they are an easy way to brighten someone’s day. I’m sure you can remember a time when you’ve received a compliment from someone and the warmth it made you feel, now think about sharing that feeling with someone else. Words have so much power and we can use them for good by complementing those that we love. So practice compassion today by spreading the love.

### Practice Compassion Today:



1. THINK ABOUT SOMEONE WHO YOU CARE ABOUT BUT MAYBE HAVEN’T TALKED TO IN A WHILE.
2. NOW THAT YOU’VE CHOSEN SOMEONE, REFLECT ON WHAT YOU LIKE ABOUT THEM.
3. WRITE IT DOWN SOMEWHERE SO YOU CAN LOOK BACK AT IT LATER.
4. REACH OUT TO THAT PERSON AND SHARE WHAT YOU REFLECTED ON.

### Parent Practice Tip:

Get your kids involved! Have them go through the steps as well and share a compliment with someone else in the household or other friends and family.

### To Learn More:

[The Power Of A Compliment](#)  
[Ten Compliments Children Need To](#)

[Hear](#)

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