

Pondering Point

If accepting a compliment feels so good, then why is it so hard for many of us to do? Maybe we feel that we don't deserve to hear positive feedback. Often in our society, we are encouraged to be humble so admitting or agreeing to these flatteries may be judged as bragging or egotistical. In an effort to appear modest, we may actually sabotage the positive feedback and damage the relationship with the person who gave it to us.

Think of a compliment as a gift, a fragile glass figurine. When a compliment is given to us, we take special care to receive it, cradle it and carry it with us. When we choose not to accept this gift we may be sending the message that we don't value their opinion, or worse calling them a liar! Don't judge the motive of the comment—cherish it. A compliment can take a person a long way and send a respectful message to others.

Compliments don't have to have a shelf life. Keeping a curio cabinet collection of these positive thoughts makes it easier for us to revisit them when we need a boost. Savor these gifts and remember the old adage, **"It's better to give than to receive!"**

Take a COMPLIMENT, already!

It's not just about you.

Imagine... receiving a compliment, celebrating it and remembering to return the favor.

— From Pondering to Practice —

Self Reflection Activity

We may not even realize when we receive a compliment. We may not also realize how many we get in a week.

Try this → Compliment Journal

- Jot down all the compliments you receive in the next seven days.
- Reflect on each instance by asking yourself the following.
 - *What was the compliment?*
 - *How did I receive it?*
 - *What was the other person's reaction when they saw me receive it?*
 - *What does this compliment mean to me as a person?*
 - *Has this compliment changed me at all?*
 - *Did I remember to celebrate it publicly or privately?*

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- Leo F. Buscaglia

Activity

- Revisit some of the compliments in your Compliment Journal.
- Go back to the people that complimented you (if you feel comfortable) and tell them that you appreciated the positive feedback and that it made you feel good.
- *Did you remember to thank them?*

This sends the message that you really heard them, you value their opinion and their compliment really meant a lot to you.

Special Bonus Tip:

Something nice that someone says about you is a "compliment"; something that goes nicely with something else "complements" it. A compliment makes you feel good, as in "I feel good now."