















TAKE A COMPLIMENT & GIVE A COMPLIMENT

Our world moves very quickly. It is hard to keep up sometimes. Sometimes life can make us feel worried, stressed, nervous- anxious. These thoughts can also get in the way of the good.

Take a compliment and give it to a friend, acquaintance or a stranger- you never know whose day you may brighten or whose life you may change.

-  You're making a difference.
-  You are great at finding the silver lining.
-  You're more fun than a ball pit full of candy.
-  You light up the lives of others.
-  Actions speak louder than words- yours tells an incredible story.
-  Be yourself- it is when you're most incredible.
-  You are strong.
-  You're so helpful- thank you.
-  You are so kind.
-  I am proud of who you are.
-  You should be proud of yourself.
-  You are the most perfect you!

