



BECOMING A JOYFUL WARRIOR

STRATEGY: PAY SOMEONE A COMPLIMENT

PART OF FEELING FABULOUS...

...is having someone tell you how gorgeous you look or how much they love your SMILE or what a great job you did. It makes you feel all warm and happy inside.

The same feeling can happen when you tell someone else. Paying A Compliment is a way for both of you to Feel JOY.

Compliments You Can (Easily) Share:

- You look lovely today ... I like that/your [insert compliment] colour on you/new outfit/hair style etc
- You did a Great Job with [insert compliment] that project, that task, that meal etc
- You handled that situation really well.
- What a Beautiful Meal/Gift! Thank You.
- I've really ENJOYed our session, today. Thank You.
- You're Awesome!
- You ROCK This!
- I love listening to yousing ...
- You give the Best Hugs!
- Thank you for such fabulous service.

TRY IT OUT.
GIFT ONE PERSON A COMPLIMENT.
FILL THEIR JOY BUCKET.

It might be the person you see at the station or someone you work with. It could be a dear friend or a family member. It might be a parent at school or someone you see at the gym.

Note to Self: You might need to go out of your way to find someone if you don't spend much time with people.

CONSIDER PAYING A COMPLIMENT TO SOMEONE YOU HAVE NEVER COMMUNICATED WITH BEFORE. WHAT A GORGEOUS SURPRISE FOR THEM!

THEN ...

GIFT YOURSELF WITH A
COMPLIMENT!

(IT FEELS GREAT TO GIVE OURSELVES A PAT ON THE BACK
AND A 'WAY TO GO, GORGEOUS ONE' COMPLIMENT.)

