

When was the last time you were **complemented** or **affirmed**? How did it make you feel?
And, when was the last time **you** complemented or affirmed someone?



Compliments and affirmations are different.

Compliments are often about **appearances**, a polite expression of praise or admiration.

Affirmations come from the **heart**. To affirm someone is to value them. It involves a spirit of generosity on the part of the giver to take time to express a positive thought or feeling to another for a **kindness, an accomplishment, their generosity, their service or a special quality they possess**. Our **affirmations** are **gift**, more valuable than many material things.

When **affirming** someone it's important to be **specific; describe in detail** what the person did well, so that she/he can recognize it within and **internally** praise herself/himself, too. For example: "You inspire me by the way you face the challenges in your life. You greet each day with enthusiasm and optimism." Know anyone you could say this to today? I do.

Personal, **positive affirmations** are important, too, because they release us from negativity, fear, worry, and anxiety. When personal **affirmations** are repeated, they begin to take charge of our thoughts, slowly changing our pattern of thinking and ultimately **changing our life**. For example, if you are impatient, you say, "I am patient" and repeat it **often** during the day. Or, if you are a worrier, you say, "I trust in God, so I have nothing to worry about." It's amazing what a difference this can eventually make in your lives.

On a scale of 1 to 10, how would you rate yourself on the following positive affirmations?

- Thanking others, both **publicly** and privately.
- **Not looking** at your watch or cell phone while talking to someone.
- Listening to what the other person is saying **without interrupting** or **finishing their sentences** for them.
- Consider the **subject** under discussion from the **perspective of the other person**.
- **Acknowledging** and **recognizing** the achievements of the other person.



You are special because you care.