

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: Get Kind Week 29: Give a Compliment



“Compliments are like verbal sunshine.”
~ Robert Orben, American Comic



A genuine COMPLIMENT is a gift. COMPLIMENTS prompt us to take a moment and reflect on what is shared about us. Giving a COMPLIMENT requires us to be intentional with our experience. It means putting ourselves aside for a moment and truly noticing something wonderful about someone else. Sometimes, GIVING COMPLIMENTS means that we are able to see something in someone else that they may not notice about themselves. What is it like to GIVE A COMPLIMENT?



Pocketful of COMPLIMENTS ~ Provide each family member with a small envelope and have them write their name on the outside of it. Then have family members write two COMPLIMENTS to themselves and two COMPLIMENTS to each family member and place them in the appropriate envelopes. Have everyone read their COMPLIMENTS from their envelopes. A COMPLIMENT helps us to understand what others see and what we may not.