



03 – GIVING COMPLIMENTS



1. “Congratulations, good job, good for you, well done, nice one”

A compliment is an expression of regard, admiration, praise, or respect.

2. It feels great to receive a compliment. Research shows getting a sincere compliment gives us the same positive boost as receiving cash.
3. Compliments really spread happiness around you and increase your own. The more you compliment, the better you feel.
4. If someone deflects your compliments or responds awkwardly, try not to take it too personally and move the conversation forward.

Here are some examples of compliments:

1. Complimenting Positivity

- a. Your smile is contagious.
- b. You light up the room.
- c. You have a great sense of humor.
- d. You bring out the best in other people.

2. Complimenting Abilities

- a. I'd like to **compliment you on** the delicious meal
- b. My **compliments to** the chef
- c. **I wish I could** swim as well as you
- d. Your creative potential seems limitless.

3. Complimenting Personal Traits

- a. I like your style.
- b. You're inspiring.
- c. You're so thoughtful.
- d. You seem to really know who you are.

4. Complimenting Accomplishments

- a. I am so proud of you, and I hope you are too!
- b. You're a great example to others.
- c. Actions speak louder than words, and yours tell an incredible story.
- d. I **congratulate you on** passing the test

5. Complimenting Personal Relationships

- a. You're an awesome friend.
- b. Hanging out with you is always fun.
- c. The way you always know when someone needs something is amazing.
- d. You always know just what to say.
- e. The people you love are lucky to have you in their lives.
- f. You're a gift to those around you.

6. Complimenting Appearance

These compliments can be problematic as complimenting appearance can come across as flirting, and so they should be avoided in many business and social contexts.

- a. Your eyes are breathtaking.
- b. Bright colors really **suit you**.
- c. You **look great** in that dress.
- d. Those earrings **look good on you**. They really **go well with** your hair.
- e. I **really like** your T-shirt.
- f. You're irresistible when you blush.

7. Complimenting a Romantic Interest

If you want to compliment someone you are in a relationship with, you might mention how they make you feel, how much you enjoy seeing them each day, or how creative and talented they are.

- a. I absolutely love that shirt. It really brings out the color of your eyes.
- b. Your hair looks so great today.
- c. You have such a great sense of style.
- d. You have such a great personality.
- e. I really enjoy talking to you.
- f. You're irresistible when you blush.

8. Complimenting the Whole Person

- a. I appreciate you.
- b. You have a great sense of style.
- c. You are perfect just the way you are.
- d. On a scale from 1 to 10, you're an 11.
- e. You're one of a kind.
- f. You're really something special.