

A compliment is an expression to appreciate or praise other people to let them know that they are doing great.

**Why don't we give compliments?**

- We believe that other people automatically think what we feel about them, about their work, so we don't say anything at all,
- Sometimes we are just super absorbed in what we do, that we fail to recognize the efforts of others & somehow take them for granted.

**Steps to giving compliments:**

Step 1 is to , recognize when someone around you has done the best

Step 2 is to appreciate them, saying you've done an awesome work, if you're finding it tough to say it verbally, write them a note or just WhatsApp them.

Take a compliments challenge and give atleast 5 compliments per day.