

Stuff That Works Building Families

Chapter 14

“Compliments”

Take Action

Stuff That Works Building Families

Chapter 14 Take Action: Content

- List each family member and three things you appreciate about them. Tell them one on one. Right now. Do not wait.
- Track how many compliments you give to each family member each day for a week. Do better next week.
- Next time you are all together. (at dinner, in car or at an event) have each person compliment each of the other family members. I like X because of Y.
- Invest time on Stuffthatworksbooks.com

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Chapter 14 Take Action: Action 1

List each family member and three things you appreciate about them. Tell them one on one. Right now. Do not wait.

ACTION

It seems to me that it is easy to find the problems, the short comings all of the negatives in life. It takes real work and discipline to find the good.

It is possible it is just me but I don't think so.

Regardless it is worth your investment to think about what is good in your family members.

It is important to be disciplined and deliberate in sharing compliments.

EXAMPLES

Member	1	2	3
Son	Disciplined	focused	Honest
Son	Kind	Polite	Smart
Daughter	Creative	Loving	Hard Working
Daughter	Creative	Energetic	Thoughtful
Spouse	Hard Working	Loving	Smart
Mom	Kind	Spiritual	Creative
Brother	Disciplined	Honest	Focused

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Chapter 14 Take Action: Action 2

Track how many compliments you give to each family member each day for a week. Do better next week.

ACTION.

I find keeping score is very helpful. It makes it deliberate and allows us to realistically track our actions.

It is always amazing to me the reality of my actions compared to my intentions. I often think I am complimenting people all the time but when I measure it I find I have missed the mark.

The form at the side is a simple form that I find helpful. It is easy and allows me to see my performance. You can develop more elaborate forms if you want and track specific compliments etc... but I find that simple actually gets done.

Regardless of how you do it the key is simply to begin and to be mindful and deliberate in this action.

EXAMPLES

Member	M	T	W	TH	F	S	SU
Son	2	1	0	1	2	2	1
Son	0	4	1	0	1	1	0
Daughter	1	3	2	0	1	1	1
Daughter	1	1	2	3	1	2	2
Spouse	1	5	1	0	1	3	1
Mom	1	3	3	2	3	0	2
Brother	1	2	5	0	0	1	1

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Chapter 14 Take Action: Action 3

Next time you are all together. (at dinner, in car or at an event) have each person compliment each of the other family members. I like X because of Y

ACTION.

This is a great activity.

It is effective any time.

I do not recommend making it a routine activity however. Too much makes it mechanical and non value added.

I have done this at random. I have used it at holiday get-togethers. I have used it on vacation while driving or at the camp fire.

Try it. It works.

EXAMPLES



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Chapter 14 Take Action: Action 4

Invest time on Stuffthatworksbooks.com to discover more ways to add fun to daily office life.

ACTION.

This is an easy one.

I believe that each of us can help someone else.

There is so much to know and to experience. You just can not do it on your own. So the best way forward is to share and learn from each other.

Technology makes this so easy today. That is why I built the web site Stuffthatworksbooks.com .

It only reaches its potential if you join in and add the stuff that works that you have found. Please make a contribution today. Help others find the Stuff That Works.

Others have already shared their stuff that works so be sure to check the site often as there is probably something to improve every area of your life.

The community is waiting and growing. I hope you will join in and make a positive difference.

Thank you!

EXAMPLES

CONTRIBUTE

It is easy to share your Stuff That Works.

Simply click on “Contribute” from the main menu.

Then select “Submit an Idea”.

Easy!

Learn From Others

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Simply click on “Contribute” from the main menu.

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