

A Compliment A Day

Julie Hryniewicz-Hache -- Wednesday, December 6, 2006, 10:18AM



This morning I woke up to the most amazing view of the sun warming the snow covered trees. I have to pinch myself at times because I feel so blessed to be living among such beauty. I had my husband take some pictures, sending him out into the cold, to bring you this view because I wanted to share it with you. You see, I truly desire for your life to be full of love, joy, and

happiness and I am a huge advocate that nature is quite healing, soothing, and enlightening.

There was a time in my life when my outlook wasn't so chipper; I was so distraught that I didn't even have the energy to get out of bed and I could sleep for sixteen hours at a time, for days on end. When our thoughts are full of worry, doubt, guilt, confusion, or sadness, we become consumed with struggle and we just want the world to go away and leave us alone.

Deciding that I was sick and tired of feeling that way, I did a whole ton of reading and immersing myself in every self-help, psychology, health, and well-being book that I could get my hands on. I journaled, attending seminars, went to counselors, listened to audio programs, and became obsessed with gathering new information; I believed that there was some magic answer out there that would solve my malaise with life. I felt stuck in a slump, I was searching for answers, and I desperately wanted out of my misery.

When I finally realized that I already possessed the solution all along, everything changed and I snapped out of it. I discovered a simple equation: my thoughts = my results. What I say and do depends on what I think. If I think negative, misery-producing thoughts, then I get negative, misery-producing results. What is most exciting; however, is that the opposite is also true. We can positively influence our relationships, our health, and our experience of life by being more conscious and aware of our predominant thoughts.

In an attempt to understand human behaviour, studies have yielded staggering results that, on average, over 80% of what we think about in our day is negative. If the premise that our thoughts equal our results is true, then it is no wonder that so much of the world is depressed, overweight, medicated, addicted, or just plain grumpy. We are exposed to so many negative images that it does take some effort to counterbalance their harmful effects. The good news is that we can control our thoughts by being selective about what we input, say, and do.

Obviously, it is impossible to make all of the chaos in the world go away; however, it is possible to shift our focus to those circumstances and situations that we do have control over. The other day I was talking with my Mom on the phone about this column. Knowing that my writing is intended to assist people improve the quality of their lives, my Mom suggested that I write about the power of compliments. She realized, in her own life, how fantastic it feels to receive compliments from other people and she thought it would be helpful to adopt the policy of giving at least one compliment a day to someone else. I agreed that this is a phenomenal idea to share with all of you!

I believe it was speaker and author, Dale Carnegie, who stated something to the effect that people walk around with an invisible sign around their neck that says, "Make me feel important". When we can tap into the fact that we gravitate towards the people who make us feel good about ourselves, we can tremendously improve our relationships and our attitude. Over our computer, we have a chalkboard where we write positive notes or messages to each other. When we dish out positive comments, encouragement, and compliments, we create a cycle of energy that feels good and brings harmony to our lives.

Thanks Mom, for the daily compliment suggestion! (Also, thank you for my love for reading since I was always amazed that you could consistently read books in less than two days!) Since I am pathetically in favor of the world becoming a happier place, I think that this concept can be life changing. If our goal is to improve the quality of our lives, then any opportunity to generate positive thoughts is progress. A compliment is a positive thought and the more positive thoughts we incorporate into our days, the more likely we are to produce favorable results in our lives.

Asking yourself some probing questions and writing the answers, in a journal or notebook, can assist you tremendously. What do you think about most of the day and is it negative or positive? Do you receive compliments regularly? Do you give compliments regularly? (Because they are in direct correlation to each other.) You can instantly change

your perspective about any stressful circumstance simply by pulling out a positive point and focusing on that. There is always something or someone to be grateful for.

Just for fun, you can try implementing "A Compliment A Day" policy in your life and you will probably realize that one is just not enough. You may find yourself complimenting almost everyone you talk to, because it feels so good! We receive what we give so it makes perfect sense to spread as many positive thoughts as possible. By the way, have I told you lately how unique, gifted, and remarkable you are and that you truly are capable of anything that your heart desires? Thank you for reading; you make my world a better place. Life is too short to miss out on the cyclical power of compliments! Have a great day everyone! Julie

"Life is not made up of great sacrifices and duties but of little things in which smiles and kindness given habitually are what win and preserve the heart and secure comfort." Sir Humphry Davy

For contact information and up-coming life improvement courses for women at Sault College, please feel free to visit my new website at www.yourlifeyourpurpose.com

Photo By Tim Hache