**Compliment: To praise, honor, show appreciation and admiration**

**How to give a sincere compliment**

**“It feels good to make others feel good”**

* **Express your compliment warmly.** Say their name if you know it, and smile. Look them in the eye and say it clearly.
* **Find something you genuinely like about the person.** It’s easy enough to pick the first thing you notice about someone and compliment it. You could say “I like your shirt” or “Nice hair” to just about anyone, but a good compliment goes deeper. Take a moment and think about what you really admire about the person before you say anything. Your compliment will be appreciated if it’s clear you really mean what you say.

**How to take a compliment**

**“It will help you feel more confident; to accept yourself and all you have to offer”**

* [**Smile**](http://www.wikihow.com/Smile)**.** When taking a compliment, smiling says a lot without requiring you to *say* anything.
* **Be appreciative:** A compliment is a gift. You wouldn’t put down or reject a gift from a friend; treat compliments the same way.