**October 2020 Mini Challenge – Shout Out**

*Give 31 public compliments.*

The “Shout Out” Mini Challenge invites you to compliment 31 people in front of others over the next 31 days. Tell the essential grocery store worker that you appreciate how friendly they are. Point out something good a co-worker did during a staff meeting. Praise your spouse in front of your children. Send a complimentary email to someone and copy the rest of your team on the message. Make sure your compliments are genuine *– otherwise, it is best to say nothing.*

Looking for the good in those around you will help you feel happier and more optimistic. Taking that next step to express your admiration in front of others will have a powerful positive effect for everyone who hears you. The person you compliment will be boosted by your heartfelt words. Others may chime in and confirm your compliment giving it further strength. Giving a public compliment is like throwing a stone in a pond, creating continuous ripples of goodness that flow into the world.

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*31 Public Compliments.*

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