

CHANGE CHALLENGE

BUILD CONFIDENCE · LEARN CONSISTENCY · TRANSFORM YOUR LIFE

- Compliment a Stranger -

THE GOAL

To open yourself up to receiving positive energy from others through the act of giving it first.

ACTION ITEMS

1

Go to a public place such as the grocery store, mall, park, restaurant, or pool.

2

Make eye contact, smile, and pay an authentic compliment to a stranger. Be respectful.

3

Notice how good it made you and them feel, and understand how you just started a chain reaction of positive energy. Not only did you change the energy of that stranger, but you also positively influenced everyone they come into contact with.