

HOW TO GIVE COMPLIMENTS.

Even the wrong kind of compliments
can have negative effects!

Use these tips to practice healthier praise:

#LIKEAGIRL



PRAISE¹



Trying different strategies

E.g., "I'm impressed you thought of several ways to solve it."



Seeking challenges

E.g., "I'm proud of you for choosing a challenge."



Persistence

E.g., "You stuck with it until you figured it out! That's great!"

NOT TO PRAISE



Physical attractiveness

E.g., "Your hair is so beautiful."



Natural intelligence

E.g., "You're so smart."



Moral judgments

E.g., "You're such a good kid."

¹ Dweck, Carol S. *Mindset: The New Psychology of Success*. New York: Random House, 2006. Print.