

HONOURING

Have you ever had someone openly recognise you for something amazing that you've done? How great did that feel?

Or maybe you've been the one to openly acknowledge someone - how great did that feel for you?

Sometimes it can be hard to find the right time or words to launch into complimenting someone!

This is where honouring comes in.

It's an opportunity to shout out and acknowledge someone for the amazing qualities and value they bring into your life.

It's the best (perfectly legal) high around!

THE PROCESS

1. Get clear on WHO you want to 'Honour' and WHAT you want to 'Honour' them for.
2. Choose a time when you won't be interrupted. It can be as short or as long as you like.
3. Get ready to unleash the good feels!

VERBAL GUIDE

1. "(Their name) I want to honour* you for your (specific quality, e.g. kindness)."
2. "When you (mention a specific time or event that you saw this quality)."
3. "The impact it had on me was... (describe how their actions made your feel or impacted you)."
4. Watch and enjoy as your premium compliment cocktail takes effect!

*See 'HOT TIPS' for some different lingo



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THE PRINCIPLES

1. **Speak from the heart:** Let them know how much what they do means to you.
2. **Speak about them:** Remember, you're honouring them so speak more about them than about yourself.
3. **Be specific:** Make them feel valued and heard by sharing specifically what they did that you appreciated.



HOT TIPS

1. **Do it in front of others if you can:** Honouring people in front of others can add to the good vibes felt by the recipient and also highlight to the group the unique strengths and spirit of that individual.
2. **Change it up:** If 'Honouring' sounds strange you can use 'Shout-out', 'Acknowledge' or 'Compliment'. They all have the same meaning and suit different scenarios and people.
3. **Getting used to it:** The first few times are going to feel a bit clunky and awkward; it's all part of it and it gets easier with time!

