

Compliments 2020

January 1, 2020

Traditionally the New Year is celebrated as a fresh, new start. We let go of the old year, wipe the slate clean and set goals for the new incoming year. This ritual of creating New Year's resolutions is setting the tone for improvements we would like to see in our lives. Following our resolutions can be beneficial as once something becomes a habit, it no longer requires will power to accomplish. So, get in the habit of self-care! Take the time to book ahead your appointments with us as it results in less stress trying to fit in what appointments are available or missing out on working with your favorite technician. Another healthy habit we would like to promote is COMPLIMENTS. After you have spent time in our chairs and are looking your best you, go out in the world and spread the positivity.

January 24th is the unofficial Compliment Day, but let's celebrate it for the whole month. Maybe it can become another habit. When was the last time you gave or received a compliment? As long as it is sincere and heartfelt, compliments can really brighten someone's day.

"Never underestimate the power of a random compliment."

Research shows that not only is the receiver happier, but also the giver is as well. It also shows that sincere compliments build self-esteem, not ego.

"Be somebody who makes everybody feel like a somebody."

Complimenting someone at work lifts the mood of the whole work environment. When asked, employees report a more positive attitude towards their job when they received compliments.

"Compliment people. Magnify their strengths, not their weaknesses."

Compliments Day was started in 1998 by two women in New Hampshire who understood just how powerful a compliment can be and wanted to bring more awareness to this very simple act. Compliments are free and take only seconds to do. The reciprocating warmth you will feel from others is well worth the effort.

"Let others see the good that you see in them." - Margret Manning

"Throw compliments around like confetti."

What a great way to show your appreciation and gratitude to others and not only set a great start to the New Year 2020, but to the whole new decade.

Body Mind Spirit is offering a great self-care opportunity on January 11th from 6-7:30 pm. This class will briefly describe the Chakra system (centers of spiritual energy in the body) and help you to create Mantras and affirmations specific to the centers which you feel need support. The fee is \$40 per person and all attendees will receive a free complementary tumbled stone. Call to sign up by 11/10/20 – 978-449-0200 or go online to spagroton.com to register for [classes](#)