

Journaling tips

Provide positive feedback to a colleague today!

Document how this interaction made you feel.

Observe how your colleague reacts when receiving the feedback.

What did you observe about your colleague while they were receiving your feedback? _____

What changes did you notice in your colleague afterwards? _____

How did it make you feel to offer positive feedback? _____

Pro tip

Positivity is contagious! Help spread it today by sharing a genuine complement. It can be done through words, email, note or a gesture.