

ENCOURAGEMENT

Generally, we think of encouragement as something we give to others or receive from them. However, a very important aspect of encouragement is also the ability to give it to ourselves.

Giving and hearing encouraging words adds a lot more positivity and happiness to our lives. It also improves our ability and willingness to give encouragement and joy to others. It's the warm ray of sunshine breaking through the dark clouds on a rainy day.

Here are some examples. Find one which "speaks" to you and start practicing saying it a few times everyday- especially to yourself! Feel free to add a few of your own to our list and let us know how it goes!

- * I'm so proud of you...(include your name).
- * Well done for... (learning, exercising, having self-discipline...) today!
- * I'm so happy to see you. * You are such a wonderful person! * I look forward to seeing you so much!
- * I always knew you could do it! I wish you the best day ever!
- * The world is a better place having you in it.
- * You have so much to offer the world. You mean so much to me.
- * I love having you around. You can do it! Go for it!
- * Keep on trying! Don't give up!
- * Slow down and relax! Enjoy the moment that you're in!
- * I really appreciate you! * Thank you for being such a special part of my life.

