

AS I SEE IT!

ENCOURAGING WORDS...

Boy was I having a bad week, it seemed like if anything was going to go wrong, it did! Between plumbing issues, car problems and other things, I just kept waiting for the next thing to go kaput! I came home from working at the food bank and found an amazing message on my phone. (Thank you Kathy and Annabelle) It was a message full of encouragement and love, and it was exactly what I needed to hear! It lifted my spirits and made me feel like I was doing something right.

Words are powerful. The words that you speak today can offer encouragement and positive thoughts to another human being. Encouraging words build up the lives around us and as you affirm others, you will benefit, also.

Go out of your way to encourage a family member today. Words spoken by those who know us best are the most powerful. Tell your child what a great job they are doing, a short conversation now, can have long range benefits in the future. Our need to hear affirming words doesn't end when we turn eighteen. So remind your spouse why you love them and tell your parents how much you appreciate them.

Our co-workers need it too. Many of them live tragic lives at home. Build them up, be liberal with your praise. You may have no idea how desperately it needed to be heard.

A complete stranger needs them,also. The waitress, the mail man, or just someone on the sidewalk that you pass. Sometimes just a smile can lift them up!

Last but not least is yourself! We need to hear powerful words of affirmation as much as anybody else. Think positive thoughts, speak kind words to yourself and build up your own being and spirit.

Susan St. George

Editor