

## I LIFT PEOPLE UP

I use each chance I get to celebrate others and uplift them.

Being able to contribute to the dignity in another person's life is fulfilling. I believe that each person deserves the chance to feel good about themselves. My words and deeds support the mission of building positive self-image.

Teenagers and young adults receive my ongoing support. I quell their uncertainty and self-doubt by highlighting their great attributes.

When a friend or acquaintance is feeling down, I inject positivity in any way I can. Sometimes offering distractions gives others the chance to release negative emotions. I enjoy being that source of wonderful energy that makes someone's life more livable.

There are people in my office who are lonely, so I extend the hand of friendship. Talking to someone who lacks a support base is truly fulfilling.

I stay away from criticizing another person's choices. I respect their individuality. Highlighting their brave decisions is one way for me to offer encouragement.

Small achievements at work are celebrated just as much as huge ones. Even the lowest paid employee deserves to feel appreciated and included in the company's success.

Today, I feel fulfilled in my role as an encourager of others. Each time I lift someone up, I increase in strength to offer ongoing support to others who cross my path. Lifting others up is a celebration of their worth.

## REFLECTION QUESTIONS

**1**

How can I celebrate and uplift those around me daily?

**2**

What are some ways I can support teenagers and young adults in building their self-esteem?

**3**

How does offering encouragement and positivity impact my relationships and community?