

ChooSELovetoThrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #12: WRITE SOMEONE A LETTER OF ENCOURAGEMENT



Maya Angelou once wrote, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." This sentiment expresses just how important our words and actions are. A small phrase or reminder of someone's strengths can motivate them into actions and make them feel valued and cared for.

Compassion in action, is anything we do to show care or concern for other individuals. While to us this action may seem simple or brief it can have a tremendous impact on someone's day. Especially during this time, everyone could use a little kindness and boost to their day. Be someone's cheerleader, give them that stepping stool to their motivation, get them pumped to face the day. No matter how big or small, your gesture can make an impact. You can give this boost to anyone or as many people as you would like. You might just feel like a superhero yourself!

Practice Compassion Today:



1. GRAB PAPER, WRITING UTENSILS, AN ENVELOPE, OR AN ELECTRONIC DEVICE.
2. THINK ABOUT A PERSON (THEY CAN BE IN YOUR OWN HOME) THAT COULD BENEFIT FROM A HUG OR PAT ON THE SHOULDER IN WORD FORM!
3. BEGIN WRITING A LETTER TO THAT PERSON HIGHLIGHTING HOW HARD THEY'VE BEEN WORKING TO ACHIEVE THEIR GOALS AND AMBITIONS.
4. THINK ABOUT THE EFFORT THEY'VE PUT TOWARDS THESE GOALS AND ENCOURAGE THEM. REMIND THEM OF THEIR ABILITIES, A SIMPLE "I KNOW YOU CAN DO IT!" IS MORE POWERFUL THAN YOU THINK.
5. SIGN YOUR LETTER OR LEAVE IT ANONYMOUS IF YOU WISH. FEEL FREE TO EMBELLISH WITH STATIONARY OR OTHER MATERIALS OR ELECTRONIC PIZAZZ AND SEND IT.

Parent Practice Tip:

Consider writing a letter of encouragement to your own child, or another parent. While you may be spending much of your time together, you may notice your own child becoming anxious, or withdrawn. Consider mailing the letter and addressing it to them to add to the magic!

To Learn More:

What is Compassion in Action?
Compassion in Action Poster
"The Compassionate Achiever"

www.ChooSELovetoThrive.org