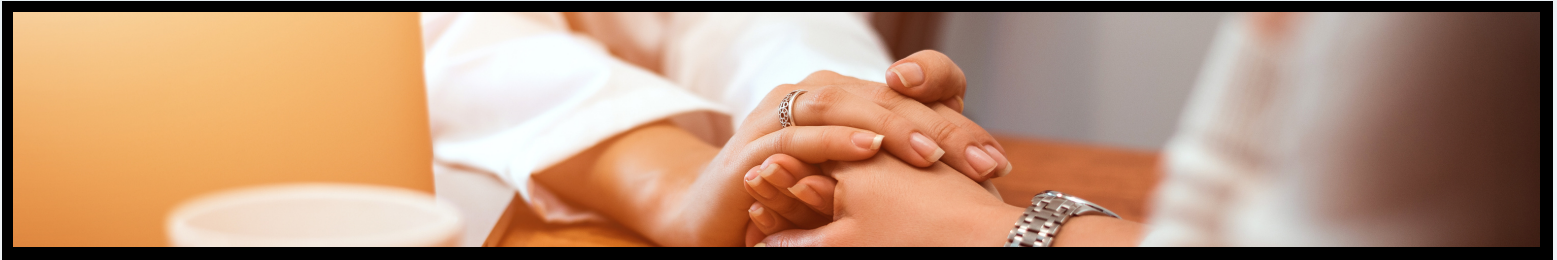


Personal Reflection Exercises...

I Lift People Up



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 especially receive my ongoing support. I quiet 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.

When I learn of someone who is lonely, 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 are celebrated just as much as huge ones. **Everyone deserves to feel appreciated and included in a circle, family, community or place of employment.**

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.

Self-Reflection Questions:

- 1. What are some of the things I say that allow others to feel encouraged?**
- 2. How do I determine when to offer my assistance and when to give someone their space?**
- 3. In what other ways can I lend a helping hand to someone in a trying circumstance?**