

31 WAYS TO ENCOURAGE SOMEONE

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Tell them what they are good at.

Give them the nudge the need to start something new.

Tell them how they have impacted a specific part of your life.

Remind them you are here for them.

Tell them why you are friends with them.

Give them a boost of confidence.

Tell the why they make you smile.

Share scripture that reminds you of them.

Tell them how they impact others.

Pray for them and let them know it.

Tell them what makes them good at their job.

Support them in new endeavors.

Offer a trustworthy listening ear when they need to talk.

Tell them what makes them a good parent.

Let them know they are doing a good job during a stressful or trying season in life.

Ask them how they are doing.

Tell them how they are gifted.

Celebrate their wins with them.

Spend time with them.

Help them problem solve in a difficult situation.

Laugh with them.

Share a meal with them.

Call or write a note to them on a day you know is difficult for them.

Express your gratitude for them.

Remind them they are a joy.

Tell them you are glad to have them in your life.

Take them a meal if they need help.

Offer to watch their kids if/when they need help.

Surprise them with a treat like a donut, coffee, flowers, or cupcake (all things I would personally welcome).

Call just to chat.

Send a text with a humorous message, gif file, or video.