



Uplifting One Life at a Time: The Power of Encouragement

Mary Banos

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Regardless of your past, regardless of your obstacles, and regardless of what other people think – you can create your own path, and reach your goals and dreams in life. Your past does not have to dictate your future. You have power over your future and where you are going in your life. By encouraging yourself, choosing where to place your focus, you can change your life and the lives of those around you. By empowering yourself, you can then empower other people around you. When you accomplish dreams, you will feel empowered. People in your life can feel empowered by watching you reach those dreams. You and those around you can encourage each other. Around you day to day are people who you can encourage. Simply listening to someone who needs a person to hear them can lighten their day. To encourage someone is to nurture their hearts and spirits. How many people around you could feel inspired just by you noticing them, and taking a moment to uplift them? Take a moment to look around. You can make a difference. The opportunities are there. Do you see them?

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