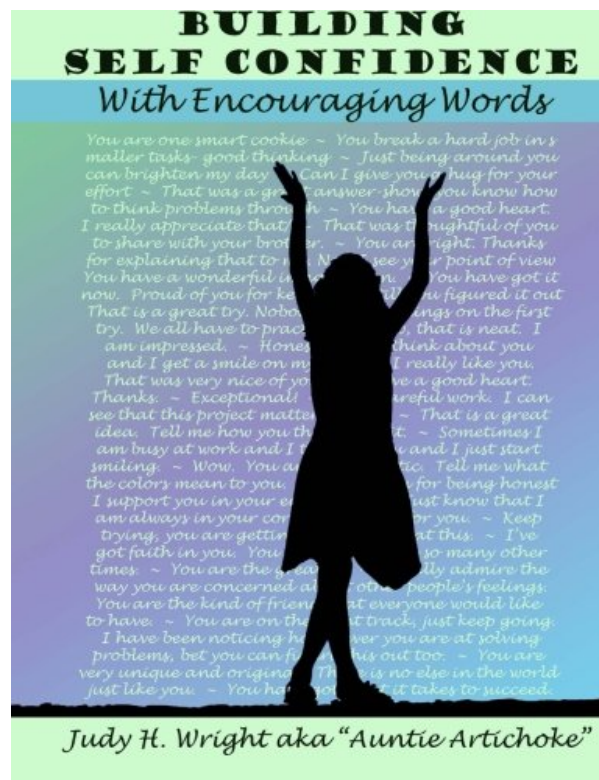


BUILDING SELF CONFIDENCE WITH ENCOURAGING WORDS BY JUDY H WRIGHT



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BUILDING SELF CONFIDENCE

With Encouraging Words



You are one smart cookie - You break a hard job in smaller tasks- good thinking - Just being around you can brighten my day - Can I give you a hug for your effort - That was a great answer- show you know how to think problems through - You have a good heart. I really appreciate that - That was thoughtful of you to share with your brother. - You are right. Thanks for explaining that to me. Now I see your point of view now. Proud of you for keeping going. You have got it. That is a great try. Nobody will figure it out on the first try. We all have to practice, that is neat. I am impressed. - Honest. I think about you and I get a smile on my face. I really like you. That was very nice of you. You have a good heart. Thanks. - Exceptional. Careful work. I can see that this project matters. - That is a great idea. Tell me how you thought of it. - Sometimes I am busy at work and I forget to call you and I just start smiling. - Wow. You are so artistic. Tell me what the colors mean to you. Thank you for being honest. I support you in your effort. Just know that I am always in your corner for you. - Keep trying, you are getting there. - I've got faith in you. You are so many other times. - You are the greatest. I really admire the way you are concerned about other people's feelings. You are the kind of friend that everyone would like to have. - You are on the right track, just keep going. I have been noticing how ever you are at solving problems, but you can figure us out too. - You are very unique and original. There is no else in the world just like you. - You have got what it takes to succeed.

Judy H. Wright aka "Auntie Artichoke"

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BUILDING SELF CONFIDENCE WITH ENCOURAGING WORDS BY JUDY H WRIGHT PDF

Building Self Confidence with Encouraging Words is a helpful and affordable workbook by life coach Judy H. Wright to help you change perspective, inspire personal growth, and build confidence to become the best version of yourself.

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- Binding: Paperback
- 186 pages

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1 of 1 people found the following review helpful.

and I loved it. I felt really connected with Judy because ...

By Vanessa Mattfeldt

This was my first experience reading a self-help book, and I loved it. I felt really connected with Judy because of the way she used "you" statements to address the reader. It made the experience a more personal one. It felt like I was having a conversation with a friend instead of being talked at or down to. It really pulled me in and kept me reading. I also really enjoyed the continuing message behind leaving typos and grammatical errors throughout. As a perfectionist and avid editor I'm always watching out for those types of things and trying to make a piece perfect, but I did take the message to heart. No one is perfect and if we keep striving for perfection we'll just become disappointed when we don't achieve it. We should focus on doing our best and being happy with what we can do and have done. I thought this book was really easy to apply to my life and could see it helping a parent apply it to their own life and their children's lives as well. I loved all the examples given, especially the personal ones of Judy and her own children and friends, but I do wish there had been more examples of how to apply these steps to children. I felt like the first half of the book was lacking those kinds of examples, but it did pick up towards the middle of the book. I don't have children though, so maybe I simply missed some connections. With the help of these examples and the questions directed at the reader, I thought this book did an excellent job of connecting with the reader and making this book more of a personal experience than just a book that you read. The aspect of being able to write in the margins and the open areas provided allowed me to completely grasp the message and absorb it instead of just brushing through chapter by chapter. It made the experience more personal and created a lasting impression. All in all, this book is great and I know that I will be applying a lot of these messages to my life.

1 of 1 people found the following review helpful.

Practice makes better

By Vegas Jake

This was very useful information about how to build esteem. Judy has such a down to earth and gentle tone

to her writing, there is a deeper honesty than most books of this nature. If I can practice these simple ideas, I'll definitely benefit in the future. Thanks Judy.

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