

Encouraging Words Reflection

Who are the people who helped to bolster your courage with their words of support? Perhaps take a moment to write down some of those words of encouragement and keep them close to you. The more that you read them and reflect upon them, the more they will take root in you and grow your courageous heart.

Who have you offered encouragement to this year? In what ways did you encourage them? Perhaps take a moment to bring these people to mind and hold them in your heart for a moment, sending them love and light.

What words can you say to yourself to fan the flame of courage in your own heart? What words do you need to hear from yourself that will help you shine your light in the year to come?