

## DAY 4: FIND A PERSON TO ENCOURAGE



**Watch:** Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

**Think:** Does giving compliments come easily to you? Is it in your nature to try to help others believe they can succeed? Or do you find it difficult to encourage others and lift them up? If the latter describes you, make it your goal to change your thinking. What does it take away from you to give encouragement to someone else? As James Keller said, "A candle loses nothing by lighting another candle." When you encourage others, it will leave you feeling encouraged.

**Do:** Make it your goal to encourage others today. Do so by giving compliments, expressing your confidence in their ability to overcome a difficult obstacle, pointing out their strengths, or in some other way. Try to make positive heartfelt comments to different people all day, but at a minimum, encourage at least one person.

**Tell:** After you've spent the day encouraging others, tell someone close to you about what it did for others, along with how it made you feel. If you use social media, share using the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

**Encouragement is oxygen for the soul.  
It takes very little effort to give it,  
but the return in others is huge.**

