101+ Ways To Practice The Art of Encouragement

Molly McGee Hewitt, PhD, CAE
101+ Ways to Practice The Art of Encouragement

- Smile
- Laugh with someone
- Hug
- Shake hands
- Applaud
- Praise
- Give credit
- Accept responsibility
- Thank
- Wink
- Pat on the back
- Commend
101+ Ways to Practice The Art of Encouragement

- Introduce
- Use their name
- Share
- Acknowledge
- Empower
- Recognize
- Reward
- Award
- Accept
- Celebrate life
- Write a note
- Give a flower
101+ Ways to Practice The Art of Encouragement

- Leave an anonymous note/gift
- Forgive often
- Celebrate holidays
- Giggle
- Offer a hand
- Include everyone
- Share an inspirational video
- Celebrate birthdays
- Send a card
- Give a note of appreciation
- Send a happy e-mail
- Practice extreme courtesy
101+ Ways to Practice
The Art of Encouragement

- Ignore perceived slights
- Celebrate diversity & differences
- Use positive language
- Avoid gossip
- Practice random acts of kindness
- Dress up
- Kiss frogs
- Wear a flower
- Praise effort
- Give a gift for no reason
- Surprise someone
- Help
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<th>101+ Ways to Practice The Art of Encouragement</th>
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<tbody>
<tr>
<td>- Buy a meal</td>
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<tr>
<td>- Cheer one another up</td>
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<td>- Buy a cup of coffee or tea</td>
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<td>- Tell people you appreciate them</td>
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<td>- Make a new friend</td>
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<td>- Call old friends</td>
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<td>- Love your children</td>
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<td>- Respect your colleagues</td>
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<td>- Treat everyone with respect</td>
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<td>- Thank your boss</td>
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<td>- By a loyal friend</td>
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<td>- Be a loyal employee</td>
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101+ Ways to Practice The Art of Encouragement

- Share good news
- Give a good book
- Write a poem & share it
- Share a joke
- Compliment someone
- Forgive & forget
- Share blame
- Excuse mistakes
- Reward creativity
- Share enthusiasm
- Repay rudeness with kindness
- Stop bickering
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<tr>
<td>- Stick up for someone</td>
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<td>- Judge less</td>
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<td>- Compliment more</td>
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<td>- Send a postcard</td>
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<td>- Donate to a charity</td>
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<td>- Surprise your parents</td>
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<td>- Sing together</td>
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<td>- Cry with someone</td>
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<td>- Share pain</td>
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<td>- Open a door for someone</td>
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<td>- Give authentic compliments</td>
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<td>- Respect youth</td>
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101+ Ways to Practice
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- Honor experience
- Honor achievement
- Reward good attendance
- Pray
- Mentor a colleague
- Honor positive attitudes
- Offer a cheer
- Rally support
- Organize help in a crisis
- Greet people with enthusiasm
- Look people in the eye
- Practice active listening
101+ Ways to Practice The Art of Encouragement

- Call instead of text
- Text a positive comment
- Listen more - talk less
- Share dessert
- Challenge yourself
- Read positive literature
- Practice your faith
- Vote
- Appreciate good service
- Tip generously
- Thank profusely
- Feel deeply