

CHEERLEADER

Mark Twain once said, *"I can live for two months on a good compliment."*

He also said, *"The best way to cheer yourself up is to try to cheer somebody else up."*

We all need people cheering for us!

Take a minute and think about 5 ways that you feel encouraged or affirmed by other people. Be specific:

- 1)
- 2)
- 3)
- 4)
- 5)

Now think of 5 things you have done this week to be a cheerleader in someone else's life:

- 1)
- 2)
- 3)
- 4)
- 5)

Now, do it again, and again!

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