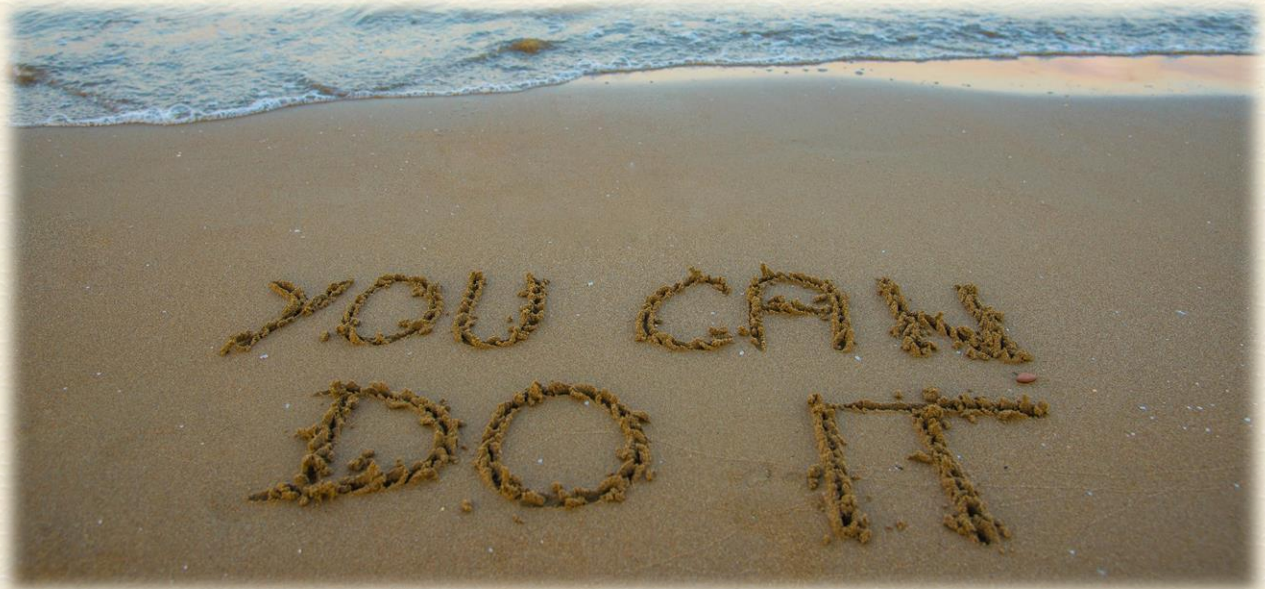


12th September 2020

National Day of Encouragement



NATIONAL Day of Encouragement

What exactly can you do on National Day of Encouragement to lift someone's spirits? You can high five at least three people, tell someone “great job” if they deserve it, contact a family member or a friend you haven't talked to for a while, help your friends along if they need it. And don't forget to smile because a sincere smile is one of the most encouraging things in the world.

But the real idea behind the National Day of Encouragement is they you don't need to set aside a special day to encourage people around you. You should do it on a day-to-day basis. You don't necessarily have to act big, because even little things can have a great impact, helping overcome negative influences.

“Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is.” ~ Anne Frank