

- \* I am proud of you
- \* I trust you
- \* You are fun to be around
- \* That was kind of you
- \* I understand you
- \* I love spending time with you
- \* I appreciate you
- \* Thank you for doing.....without me asking you to
- \* I love the way you do.....
- \* It's okay to make mistakes, that's how you learn
- \* You have a great personality
- \* You are an important member of this family
- \* You are amazing
- \* I love every part of you

## Empowering words & phrases

- \* I learn so much from you
- \* You have great ideas
- \* I'd love to hear more about that
- \* I value your opinion
- \* That's a good question
- \* You are beautiful inside and out
- \* That's a good way of doing.....I wouldn't have thought of doing it that way
- \* Well done for having a go
- \* You worked it out without any help, well done
- \* That was a good decision
- \* Your opinion matters to me
- \* I appreciate your help
- \* Thank you for being you