

## Suzanne Funk

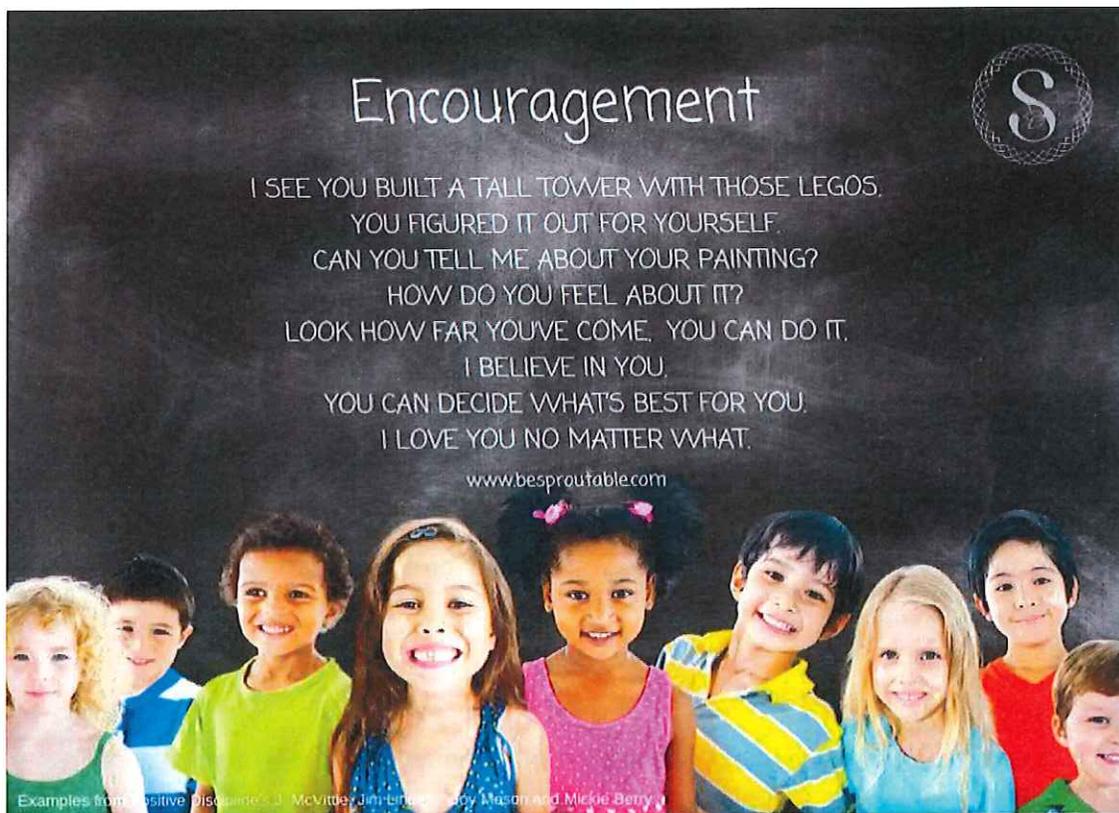
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**From:** Sproutable <info@besproutable.com>  
**Sent:** Tuesday, February 9, 2021 5:00 PM  
**To:** Suzanne Funk  
**Subject:** What I'm doing for the next 10 days

Weekly insights from  
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## The 10 day encouragement challenge



Behavior is a way of communication. We can tell someone is really discouraged by the way they are behaving. People (kids, our partner, co-worker, in-laws) aren't likely to raise a hand and let us know, "hey I could really use some encouragement." Instead, we might feel irritated or annoyed, or maybe even repetitively challenged by their behavior. This is your sign they need a little boost! Positive Discipline reminds us that

when we feel better, we do better.

In the spirit of this, we are launching a 10 day encouragement challenge here at Sproutable to spread the love: **a daily commitment to encourage that one person in our life who really needs it, for the next 10 days.**

**“Children need encouragement like a plant needs water”**

~Rudolf Dreikurs (grown ups too!)

This seed of encouragement will strengthen your relationship, invite cooperation and increase positive interactions. This practice is also a gift of shifting your perspective to see the best of someone, believing in them and drawing forth their enormous potential.

## Here's the challenge

### Step One

Pick a person. Just one person. It could be your child. It could be the child that you have the hardest time with. It could be your partner or a sibling, maybe your own parent or colleague.

### Step Two

Decide how you are going to deliver the encouragement. It could be a post-it note, you could say it every night at bedtime, you could whisper it when they are eating breakfast or sing it (if you are the creative type). It could be via email or quietly stated when you are wrapping your little one with a towel after bath.

### Step Three

Is there a particular skill or gift you are trying to help grow in that person? Here are some examples of encouragement for kids:

### Encouraging phrases by skill or gift

- **Brave:** "I saw you were scared to go down the slide, but you were brave and took a deep breath then pushed yourself down."
- **Flexible:** "I noticed your flexibility when you weren't done playing with your legos and you still cleaned up in time for dinner."
- **Responsible:** "I noticed you remembered your library books today."
- **Independent:** "I see you brushing your teeth all by yourself!"
- **Good communication skills:** "I noticed you solved that problem with your brother by being assertive and offering a win-win solution."
- **Active Listening:** "I noticed you were watching the swim teacher the whole time he was giving directions."
- **Perseverance:** "That puzzle was very hard and you didn't give up."

Start with "I see you..." or "I notice..."

### Step Four

Deliver! Try at least two per day. If you are a pro at encouragement, stretch yourself! Come up with the number that works for you. Reach out! Let us know how it's going.

### What is encouragement again?

Encouragement shows that you are connected and value their effort: "I see you... I notice..." It also shows your belief in them: "I have faith you can do it. You'll get there, keep trying." Finally, it encourages the child (or adult) to come up with their own perspective: "Tell me about your picture." This builds intrinsic motivation and invites a sense of capability which are the seeds of self-esteem.

It teaches children to think for themselves, as opposed to performing in order to get approval and praise from grown-ups or others.

“The passion for stretching yourself and sticking to it, even (or especially) when it’s not going well, is the hallmark of growth mindset.”

~Carol Dweck, Mindset

If we want to build a growth mindset, then we need to use language that says: You are developing and growing and I see your potential. I believe in you.

[Q&A Video: Am I raising a praise junkie?](#)

What’s the science behind it?

[Carol Dweck’s Ted Talk: The power of believing that you can improve](#)

[Paul Tough: How Children Succeed](#)



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