

“Building Level 10 Confidence”

Examples of Phrases to Affirm and Praise

Below are some examples of how you can take a sentence and insert different adjectives to affirm or praise an individual.

Remember that when you affirm, you can:

- Allow your messages to come from the heart.
- Be genuine.
- Speak in a sincere manner with words and non-verbal messages (eye contact, facial expression, posture).
- Be specific—affirm who she is and praise what she does.

You may want to create several sentences of your own. Consider saying the sentences out loud and using different adjectives. It's important that you appear comfortable when you affirm others.

You are an incredible person. Your *strength* and *determination* proves that no one can stand in your way when you make up your mind to do something.

You are an incredible person. Your *commitment to excellence* and *willingness to step out of your comfort zone* inspires all of us to follow in your footsteps.

You inspire me when I watch the way *you open your heart* to your team members when they need help.

You inspire me by the way you face the challenges in your life. You *greet* each day with *enthusiasm* and *optimism*. You *demonstrate* what it is to be a true woman of *faith*.

It's easy to see how much *you care* for your customers. Mary Kay wanted us to enrich the lives of our customers and you do that with the *thoughtful* things you do, the *attention* you give them and your *genuine concern* for their well being. Mary Kay would be so proud of you!

It's easy to see why you are *successful*—in life and your business. Your *passion* for people is obvious by the way you *dedicate* yourself to helping others. Like Mary Kay often said, “All that you send into the lives of others will come back into your own.” Knowing this, you will surely be *blessed* as you have blessed others

Watching how *devoted* you are to your family and how you *thrive* at being a mother fills me with joy.

Watching how you have grown personally and professionally makes my heart swell with pride. You inspire all of us by always looking for a better way to do something. Your *systematic* approach to the business and *attention* to detail has given you a greater understanding of this business and you *willingly* share that knowledge with all of us. I admire the *positive* impact you've had on your team members, sister Beauty Consultants and your customers. You are destined for *greatness* and I consider it an honor to know you.

You have such a great *ability* to make people happy. You are *fun* to be around with your *wonderful* sense of humor and *easy going* personality—people want to be in your space and that is something we all aspire to.

You could practice the below examples by filling in the blanks.

Watching how you _____ makes me smile.

You are so good at _____ because of the way you _____ and you demonstrate _____.

You truly lead by example in the way that you _____.

You add such value to the unit by the way you _____.

Because of how you _____, it gave me the incentive to _____.

You inspire me by the way you _____.

You truly have a gift for _____. I particularly appreciate _____.

Descriptive Words

adaptable
ambitious
analytical
assertive
attentive
broad-minded
capable
challenge-oriented
competent
confident
conscientious
constructive
cooperative
courageous
creative
curious
dedicated
dependable
demanding
determined
diplomatic
disciplined
dynamic
economical
effective
efficient
easy-going
exuberant
enterprising
eccentric
emotional
energetic
enthusiastic

far-sighted
fast learner
firm
flexible
forgiving
frank
friendly
generous
gentle
giving
good-natured
healthy
helpful
honest
hopeful
humble
humorous
imaginative
independent
individualistic
industrious
insightful
intelligent
inventive
kind
likeable
logical
loving
optimistic
organized
original
patient
perceptive

personable
pleasant
poised
positive
practical
pressure
problem solver
productive
proficient
progressive
punctual
realistic
reliable
resourceful
responsible
risk-taker
self-reliant
self-starter
sincere
skilled
sophisticated
successful
systematic
tactful
talented
team member
trustworthy
verbal
versatile
visionary
wise
witty
willing