



Words of Encouragement

These words can be used to support her during her pregnancy as well as with the goals she sets within the Six Pursuits.

“You are courageous”

“You are strong”

“You are loved”

“I believe in you”

“You are not forgotten”

“You were chosen to carry this baby”

“I see you”

“We’ll figure this out together”

“Tomorrow is a new day”

“You can always start new tomorrow”

“Give yourself grace”

“No one is perfect or expects you to be”

“Give what you can today”

“Listen to your body”

“You matter”

“Your hopes and dreams matter”

“How can I support you in your goals”

“What is your WHY for choosing this goal?”

“How important is it that you reach this goal you set for yourself?”

“Didn’t you say.....” this was important to you....I want to break the cycle I was raised in? (Fill in the blanks to what they told you.)