

Encouraging Others – What's In It For You?

By Jay Rohman

Have you ever heard someone say that they feel like they are all alone and no one cares? Or, that they have worked hard to get to where they are at in life, but feel like they really haven't accomplished much at all? If you have heard these things then you have found yourself in the position of becoming an encourager.

"Me?" You say.

"Yes, you!"

"But why me?" You ask.

Here is the reason why. It is because encouragement is not the responsibility of just a few individuals, but is the privilege of each and every person. Too many people look at themselves in the mirror and see the person that is looking back at them as unimportant. They wish they had more money, or were better looking, or were happy with their life. They feel unfulfilled and dragged down by the failures of their life. If the truth be told, you have probably found yourself at one time or another standing in front of that same mirror, looking at the person staring back at you. You probably heard the catchphrase of that old Beatles song playing in the back of your mind, "help, I need somebody." Well, we all need somebody and I encourage you to be that somebody.

Here are 3 reasons to be an encourager:

1. It helps others. The definition of encouragement as defined by Webster simply says "the act of giving hope and support". In today's world there are enough people to discourage us. What we need more of are people that will uplift us and make us feel good about whom we are. Every human being has the right to feel good about themselves and their situation. When a person feels encouraged they become more productive, better communicators, and tend to become an encourager to others.
2. It helps you. That's right! You gain just as much from being an encourager as does the person you're uplifting. It has been proven time and time again in my own life, that when I reach out and encourage someone, I feel better. Do you want to be encouraged? Then be an encourager to others and it will come back to you ten-fold. It certainly makes sense that encouraging others would make you feel good, but there are some actual health benefits as well. Research has come to the conclusion that people of all ages who were an encouragement to others in some capacity are happier and experience better physical health and less depression.
3. It helps the world. When we have a low self-esteem the end result is that we don't even like ourselves. If we don't like ourselves, how can we like anyone else? This is then demonstrated by how we mistreat others who in turn mistreat others and on and on and on. It becomes a vicious cycle. Like throwing a pebble in the pond it has a ripple effect. By encouraging the people around you, it can have an effect on countless other people that you may never know about. You can change the world by one encouragement at a time.

As you can see, encouragement is more than just feeling good or helping others feel good. It is a lost art that can have a profound effect on the world around us. By reaching

out to someone else and encouraging them you are encouraging the world. You are making it a better place for yourself, your loved ones, and friends that you haven't even met yet or may never meet. To get my free daily checklist of "31 Encouraging Ways To Uplift People" e-mail me at encouraging101@yahoo.com. My challenge to you is that you take that checklist and on a daily basis use one of the ideas. At the end of the 31 days you can start over again. This way you instill the habit of encouraging others and earn the distinction as an 'Ambassador of Encouragement'.

Jay Rohman, the 'Ambassador of Encouragement, is a professional speaker, trainer, and freelance writer. For further information, go to his website at www.encouraging101.org.