

30 DAY

ENCOURAGEMENT

CHALLENGE

I believe in you!

You have great focus.

You are a hard worker!

I am here for you if you need me.

I know you can figure it out.

You're almost there!

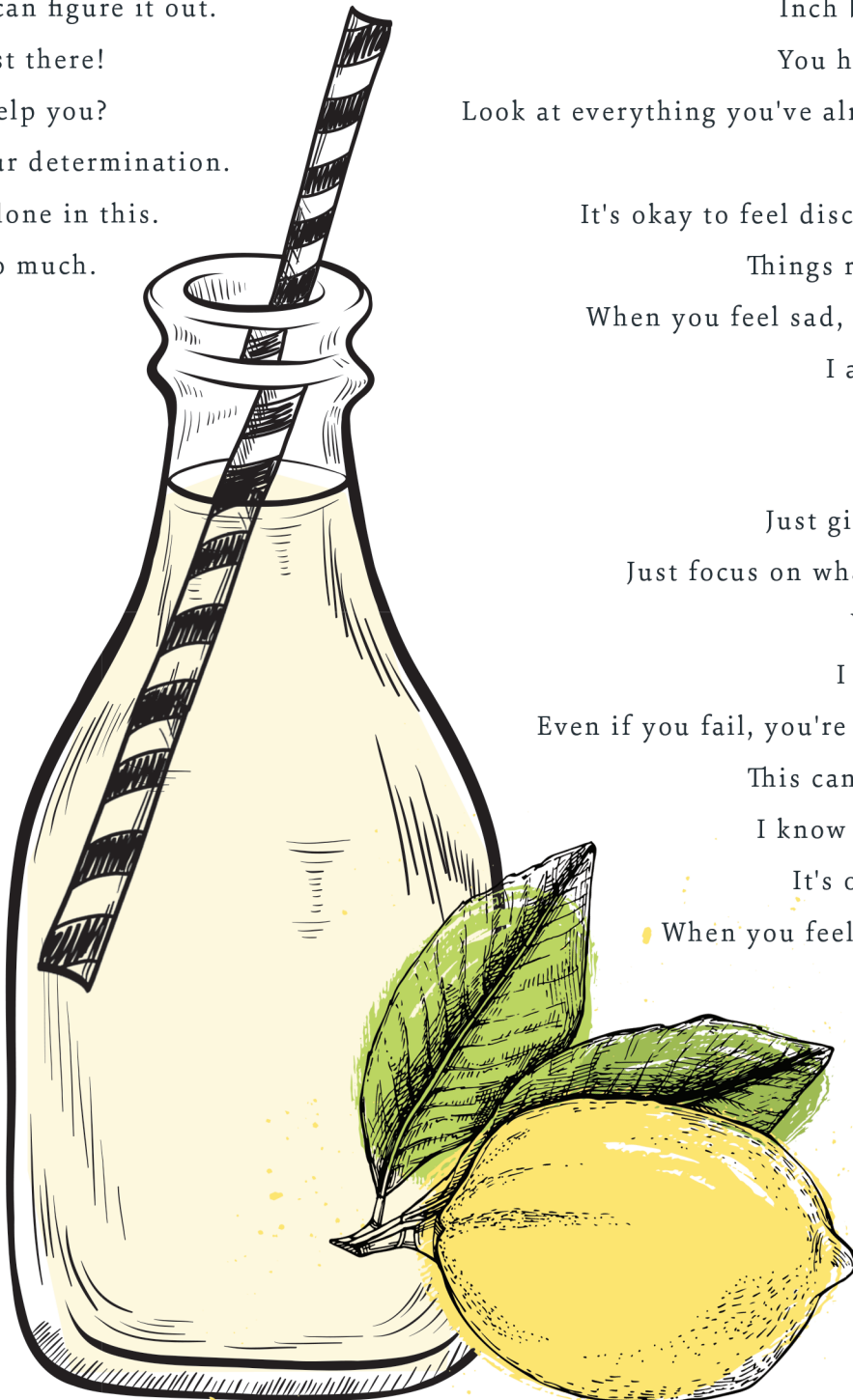
How can I help you?

I admire your determination.

You're not alone in this.

I love you so much.

...



It's going to be a great day.

You are so capable.

Inch by inch, it's a cinch!

You have so much ability.

Look at everything you've already accomplished.

The sky's the limit.

It's okay to feel discouraged sometimes.

Things really can get better.

When you feel sad, you can lean on me.

I am your biggest fan.

...

Just give it your best shot.

Just focus on what you can do today.

Worried? I can help.

I know you can do it!

Even if you fail, you're a winner for trying.

This can make you stronger.

I know it's not always easy.

It's okay to take a break.

When you feel run down, regroup.

You amaze me!