



Encouragement/Doubt

It's easy to get discouraged and doubt yourself when there are so many things going on in your life. If you're like most girls, going to school and getting an education is just one of many activities you have to do in a typical day. Friendships need attention, too, and sometimes, you can even become discouraged about them!

At the same time, our friends can be a great source of support and encouragement, and vice versa. Think of some ways in which friendships can be used to encourage another person.

Put each of these quotes into modern language to see how they might be used to encourage a friend or yourself.

"Prosperity provideth, but adversity proveth friends."
-Queen Elizabeth I

"My friends are my estate."
- Emily Dickinson

"A true friend is one who knows all about you and likes you anyway."
-Christi Mary Warner

"A friend is one who walks in when others walk out"
-Walter Winchell

"A faithful friend is the medicine of life."
-Apocrypha

"Friendship is essentially a partnership."
-Aristotle (4th century B.C.)

"Friendship makes prosperity more brilliant, and lightens adversity by dividing and sharing it."
-Cicero (44 B.C.)

"The only way to have a friend is to be one."
-Ralph Waldo Emerson

"Your friend is your needs answered."
-Kahlil Gibran

"Treat your friends as you do your pictures, and place them in their best light."
-Jennie Jerome Churchill

"Friendship with oneself is all important, because without it one cannot be friends with anyone else in the world."
- Eleanor Roosevelt

Example: We find out who our real friends are in hard times.



Girl Scouts.



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Creative activity

Pick a day to be "Friendship Appreciation Day." Think of things you and your friends can do to let each other know how much you appreciate mutual encouragement. You might:

Buy a wooden frame and collage it, then put a picture of the group together inside.

Buy a recipe box and create a "recipe" for encouragement. Decorate the box and put the recipe in, then add other cards with encouraging statements that you ask your friends to write for you.

Make t-shirts with one of the sayings above on it—or another quote about friendship that you like (make sure to credit the author of the quote).

Write inspiring quotes on note cards and exchange with your friends. Pass on a new one each day until your original quote comes back to you. Making this a school-wide event would be awesome!

Remember this activity is meant to be encouraging, not excluding. The more girls that participate, the more fun you'll have. Who knows—perhaps your school can have a school wide day of appreciation!

Tory says:



"You have to encourage yourself. No matter what anyone else says, the best source of encouragement comes from within. If you don't believe in yourself, it doesn't matter what anyone else says."

Okay, Now You Say:



Can someone else change the way you feel about yourself?

What are some ways girls can boost their confidence?

