

POSITIVE THINGS TO SAY TO YOUR LOVED ONES

#SayItWithIntentChallenge

- I'm grateful for you.
- You make me proud.
- You are awesome.
- You are worth it.
- I respect you.
- I believe you.
- I believe in you.
- You are capable.
- You make a difference.
- You are loved.
- You are safe.
- I care about you.
- I appreciate you.
- I'm lucky to have you.
- You make my heart full.
- I admire you.
- You make me happy.
- I understand you.
- I trust you.
- I hear you.
- You are making a difference.
- You are valuable.
- You are interesting.
- You are stronger than you know.
- Thank you for being you.
- You are important.
- You belong.
- You are unique.
- I'm excited to spend time with you.
- This family wouldn't be the same without you.
- Your words are meaningful.
- You have options.
- Your family loves you.
- It's okay to have a bad day.
- You have great ideas.
- Your opinions matter.
- I know you did your best.
- You are helpful.
- Being around you is fun.
- I'm excited to hear about it.
- It's okay to be yourself.
- I enjoy seeing the world from your perspective.
- You were right.
- I understand you.
- Watching you grow up is wonderful.
- It's okay to be curious.
- You are enough.
- It's okay to make mistakes.
- It's okay to be imperfect.
- You are talented.
- You are very good at that.
- I love how you express yourself.
- Not everyone will like you, and that's okay.
- You did that so well.
- I could never stop loving you.
- I'm listening.
- That's a fair point.
- I love your creativity.
- You're a great storyteller.
- You make my heart full.
- You can always try again tomorrow.
- You are smart.
- You are healthy.
- You are happy.
- You make others happy.
- God loves you.
- Your family loves you.
- You don't have to be perfect to be great.
- We can try it your way.
- I accept who you are.
- Seeing you happy makes me happy.
- That's a great question.
- I learn new things from you every day.
- You make me a better person.
- Thank you for being you.
- I'm so glad you're here.
- You look great.
- That was very brave.
- You are strong.
- I forgive you.
- We all make mistakes.
- It's okay to learn from our mistakes.
- I love being your parent.
- Your friends are lucky to have you.
- It's okay to ask questions.
- You can say no.
- You can say yes.
- You make me smile.
- It's okay to express your feelings.
- I love you.