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The World Belongs to the Encourager

1. I truly believe the secret sauce to long-term success is embedded in encouragement. **You cannot achieve significance without the help of others**, and in the end, you will ultimately fail if the people you surround yourself with are discouraged.
2. If you want to influence your colleagues, family and friends then you must embrace the power of encouragement. Ultimately no one cares who you are, or what you know, all they care about is how do you make them feel:
 - a. How do you make them feel about you?
 - b. How do you make them feel about the world?
 - c. Most important, **how do you make them feel about themselves?**
3. How do you become an encourager? **You start from within:**
 - a. **Live your story.** Your story is both beautiful and tragic, but it's yours. You must embrace it and live your story and it will encourage someone.
 - b. You must **live within your strengths.** Don't worry about your weaknesses, because you're weak in those areas, instead focus on your strengths. Utilize the book, "Strengths Finder 2.0", by Tom Rath, to discover your five strengths and spend the rest of your life focusing on those five areas. Strive to turn your strengths into something that will add tremendous value to the world.
 - c. **Live your perfect day.** What is your favorite day of the week? Why? Glean the traits of your favorite day and work those traits into your everyday life. Don't buy into the paradigm of the Monday-Friday grind. Instead, choose your favorite day and turn everyday into your favorite day by duplicating it. By doing this you will be encouraged and will encourage those around you to live their perfect day.
4. Once you master yourself from within, then you must learn to **shift your focus off yourself and onto others** and do these three things on a consistent basis:
 - a. **Show up** in others' lives. The act of simply showing up and supporting someone provides that person significant comfort and support. This is a simple task, but can make a difference in someone's life.



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- b. **Speak up** in others' lives. Break the cycle of negativity in a person's life by speaking positive affirmations to them. When someone excels at something let them know it. Don't be stingy with your praise. Your words matter to others, especially when they're positive, and encouraging words.
 - c. **Sacrifice** for others. When human beings sacrifice for one another, they form a relational bond that cannot be broken. Something magical happens when you sacrifice for someone. There are three ways to sacrifice for another person:
 - i. **Time.** Giving your time to someone else.
 - ii. **Money.** Giving your money to someone else.
 - iii. **Ego.** Apologizing and admitting your wrong to someone you've hurt or harmed emotionally.
5. Your number one goal while encouraging others is to remind them that **happiness is a choice**. We lose perspective in our lives when we allow ourselves to get caught up in the daily grind. An encourager shows up, speaks up, and sacrifices for others to remind them that they ultimately have a choice to be happy. People must learn to choose happiness. You, as an encourager, will remind them of that very fact.
6. Make it your primary goal, for the rest of your life, to **encourage at least one person every single day**. Once you become a true encourager then I guarantee that success will always find you, because the world truly belongs to the encourager.
- 7. Who will you encourage today?**