

ENCOURAGING WORDS



Write Yourself a Note

If something goes wrong and you're feeling bad, try writing yourself an encouraging note!

When you have a hard day or make a mistake, you might feel discouraged or bad about yourself. But Heavenly Father loves you. He is patient. He wants you to keep trying and not give up. He wants you to be kind to everyone—including yourself!

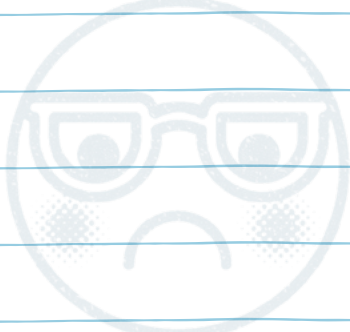
What happened:

I didn't do well on a test.

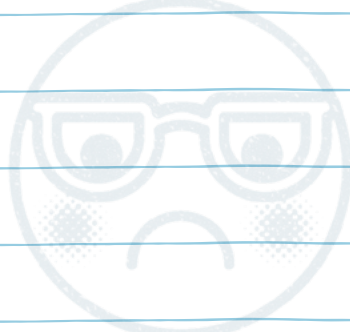
What happened:

My friend said something mean to me.

What happened:



What happened:



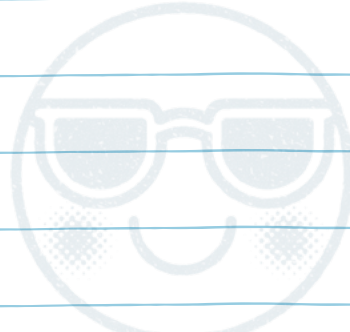
Encouraging words:

I can keep trying and learning. I can pray for help, and I won't give up.

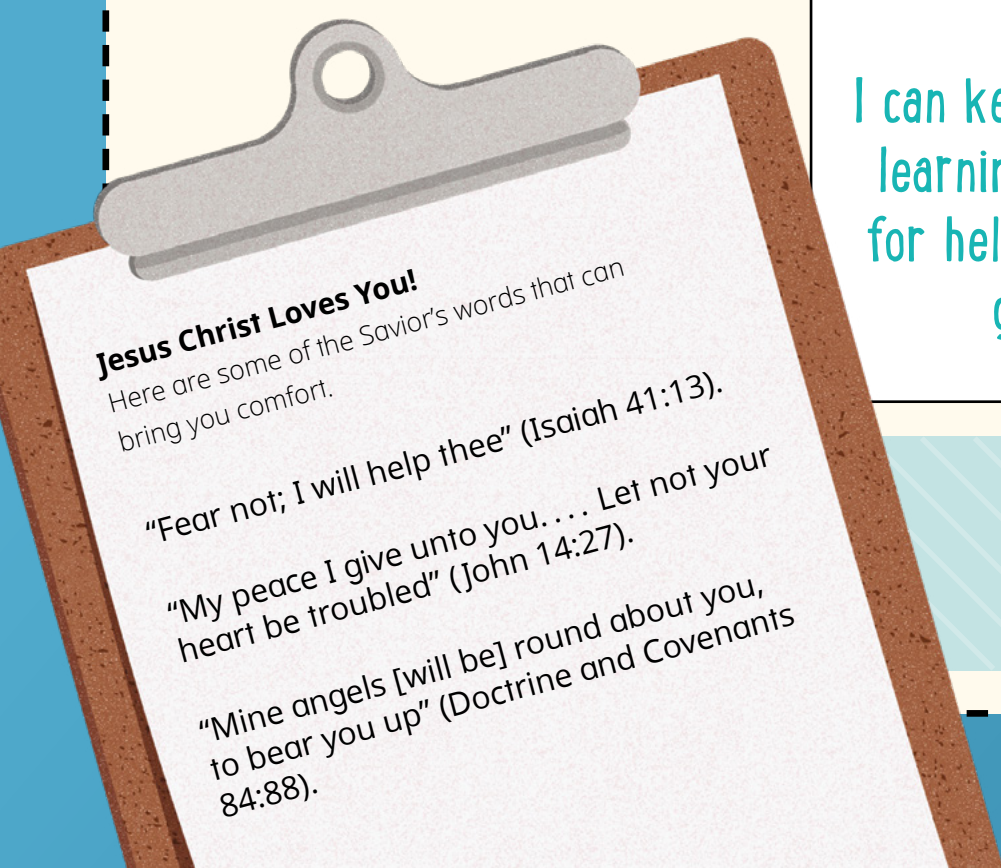
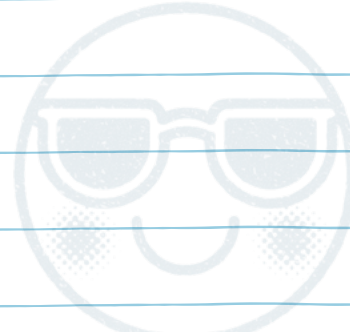
Encouraging words:

Heavenly Father loves me. I can be a good friend.

Encouraging words:



Encouraging words:



Jesus Christ Loves You!

Here are some of the Savior's words that can bring you comfort.

"Fear not; I will help thee" (Isaiah 41:13).

"My peace I give unto you. . . . Let not your heart be troubled" (John 14:27).

"Mine angels [will be] round about you, to bear you up" (Doctrine and Covenants 84:88).

"Keep loving. Keep trying. Keep trusting. Keep believing. Keep growing. Heaven is cheering you on today, tomorrow, and forever."

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles, "Tomorrow the Lord Will Do Wonders among You," *Ensign or Liahona*, May 2016, 127.

ILLUSTRATIONS BY ADAM HOWLING