

Words of Affirmation

Make a point to notice when your co-worker does his or her job well, and compliment them on it. This will encourage friendly dynamics in your workplace.

If you've recently resolved a conflict with someone, express appreciation for his or her willingness to be honest and open about the issue. In doing so, you will remind him or her of how much you value the relationship.

Next time you see a report card or graded homework assignment of your child's with high marks, congratulate his or her efforts. This will provide positive reinforcement for the value of hard work and help him or her recognize areas of intelligence.

Next time you are in your sibling's home, cover his or her bathroom mirror with stick notes with positive adjectives written on them. Above these or in the middle, have several sticky notes together as a square with the words "YOU ARE..." written over it.

Don't forget to compliment your friends; everyone needs encouragement. Tell them how good-looking they are, how kind they are, how hardworking they are and watch their face light up with appreciation.

Be generous with affirming and encouraging words. If your wife looks radiant when you come home, tell her- be specific. If you are proud of your husband, say so. Tell your children they are important to you. Word left in your head don't count.

Carefully consider the words you use with those you love, especially in emotionally charged situations. Taking a few extra seconds to carefully find the right words will result in a much more positive outcome than allowing an uninhabited torrent of hurtful words.

Do you often send texts to someone you love? If so, find your contact info on his/her device. Change your first name (or nickname) to something like your biggest fan! Or luckiest spouse ever! Next time you text, your words are sure to bring a smile!

Words of Affirmation can easily be expressed electronically in the workplace- email, messaging, social media, or text. However, a handwritten note, card, or verbal affirmation will often add a personal touch that will feel more meaningful to the recipient. Remember to focus on who people are, rather than what they do.

Does your friend or loved one have a favorite hobby that you've noticed or been able to observe? If so, give him or her a sincere compliment related to it. Verbalizing praise, encouragement, or appreciation in this area will often be well received and meaningful.

It can be incredibly fulfilling to hear a genuine "thank you." Think of someone you feel gratitude for. Next time you see him, look into his eyes, pause until you have his

attention, and say something like, “I just want you to know I really appreciate _____ . Thank you.”

“We play the I love you game. We take turns saying ‘I love_____.’ We go back and forth as fast as we can. Whoever gets stuck thinking of something loses and gives the other a coin or dollar in their love cup to save up for a special date. During this time we look into each other’s eyes as we say what we love, show appreciation for what we do for each other, spend time together, have fun ,and smile.” -Cipriana

Write down some adjectives that accentuate how lovely your spouse is. Then when you are feeling creative, make an acrostic, painting, graphic, or video that incorporates each word. Present it to him or her when the moment is right.

When you have to be away from your kids or you are going to arrive after their bedtime, write a note and put it under their pillow telling them how much you love them and look forward to seeing them again. A full love tank equals a good night’s rest.

If your child likes to color or draw frequently, be sure to compliment his or her art often. If they know you like it, not only will they feel loved by they will also be encouraged to keep developing those skills as they grow up.

For some fun with the love language of Words of affirmation, consider making a secret pocket pillow. Using the pocket to leave notes to one another filled with encouraging or affectionate words, poetry, uplifting quotes, or appreciation.

With the rise of technology, a hand-written letter from a trusted friend is almost unheard of. Take some time to find some interesting stationery and write a letter over the weekend to someone you care about. It will mean the world to him or her.

Find a moment when you are near your spouse during your 4th of July celebrations and light a sparkler. While it burns, share your memory of the very first time you felt a spark in your relationship. If his or her love language is Words of Affirmation, your recollection is sure to warm the heart.

“My boyfriend and I have two secret Pinterest boards where we leave each other ideas for places to go together and romantic pictures and sayings. I love to know he’s thinking about me even when we’re not together.” -Lisa

Next time you are driving with your spouse, instigate a game of “What I love about you!” To play you simply take turns saying one thing you love about each other. This can also be a fun road-trip game with the whole family.

Design a series of personalized greeting cards for someone you love or appreciate. You can get crafty or artistic, but for a Wordie, the most meaningful part will be what they read.

If your son or daughter is in college or lives a good distance away from you, send him or her a letter expressing your love and how excited you are for his or her future. It's always encouraging to receive affirmation from someone you love.

Although speaking this love language in-person is preferable, you can also use a mobile device. Tell others you love them, share Bible verse or encouraging quotes, write words of affection and appreciation- all of which can be communicated via text, social media, or even video.

"Whenever my friends are encountering a challenge or bad situation in their lives, I send them a message telling them that I believe in them. I also remind them of God's great love and purpose for their life." - Elionei

Show your love or appreciation for someone with sidewalk chalk. After they have taken the car to work, draw a big "VIP Parking" notice in a car shaped rectangle on the driveway. Then write a path of affirming words they can follow once they get out of the car all the way to the front door.

"My husband and I look for silly quotes or images online that we can send to each other throughout the day. It always puts a smile on our faces and a warm feeling inside to know we are in each other's thought." -Beth

"Allow your loved one the opportunity to share his or her innermost thoughts, feelings, ideas, challenges, and frustrations in a non-judgemental way so he or she feels safe and heard. Try to verbally mirror back what you are hearing so he or she knows you truly understand." -Erika

The more specific the compliment, the better. For example, instead of saying the trite "you look nice today", try something more like, "your sense of style is amazing! Love those sunglasses!"

Words of Affirmation are meaningful, but don't forget to also express the why behind the words (e.g. specifically who does he or she look nice today). Understanding why you feel the way you do, and explaining that to others, will knock your affirmation expressions out of the park.

Reminding your spouse of how physically attracted you are to him or her is never a bad idea. If his or her primary love language is Word of affirmation, these comments will be lovingly remembered throughout the day.

Is there a song with lyrics that are meaningful for your relationship with your spouse? If so, search online for the lyric video and send it to him or her via text, social media, or email. This thoughtful gesture is sure to be appreciated.

Write sticky notes of affirmation and adhere them to the fridge, mirror, front door, and

anywhere else your loved one will see. Make these notes extra meaningful by including specific details or recollections as to the context of your affirmation or encouragement.

“I leave sticky notes for my spouse saying how much i appreciate him and love him. I put them in his shoes, in his pants pockets, his wallet, attached to the shelf in his bureau, when he lifts the toilet set cover and on his car window. It just reminds him that i am thinking of him.” -anonymous.

Words are powerful, especially when communicated by someone you love. If you have a smartphone that captures video, record some kind words and encouragement for someone you care about and send it via text or email to him or her.

Get a large amount of aesthetically pleasing card stock and write “I love you because...” on each of them, finishing each one with an attribute or action of your spouse that endears him or her to you. Then, on a morning when he or she will not be in a hurry, get up early and place them throughout your house. As your spouse goes about his or her daily routine, he or she will continually be reminded of your love.

Word are like seeds in soil of our children. Sow words of affirmation and their confidence will grow. Sow words of criticism and their insecurity will grow. Let’s commit to sow positive, uplifting words in our children each and every day.

Do you pack lunches for your spouse or child? Try writing an encouraging or affectionate secret message on a banana. All you need is a dull pencil or toothpick to make the impressions.

Consider a relationship with a sibling or relative who treated you well recently or while growing up. Recall those experiences in a letter than specifically identifies the qualities he/she displays that you appreciate.

Is it getting chilly where you live as the seasons change? Leave a note in your spouse or child’s jacket or coat pocket expressing appreciation, encouragement, affection ,or maybe why you are thankful for him or her.

Find a unique picture frame with glass and hang it somewhere visible in your house. Instead of a picture, just feature a sheet of textured or lined paper. Keep a set of dry erase markers nearby to write short notes of encouragement or affirmation to your spouse, children, or roommates

A chalkboard wall is a modern trend that can help you speak word of affirmation to those you love. Consider a wall, table, or door on which you can share encouraging messages and plan a time to make it happen.

When you or your spouse have to travel, give him/her an envelope.package to open each night you have to be apart. Place an encouraging note inside along with a flash

drive containing photos of you together, music you both love, or a personalized video.

"I use a permanent marker on the bathroom mirror and write loving notes to my husband and kids. It wipes off with window cleaner. It's a nice surprise in the morning." - Beth

Have you ever thought about an intimate night of private karaoke with your spouse? It's a fun way to spend an evening at home together. Pick a playlist that encapsulates how you feel about each other, add some props, take turn, and let loose.

For some fun with the love language of Words of Affirmation, consider making a secret pocket pillow. Use the pocket to leave notes to one another filled with encouraging or affectionate words, poetry, uplifting quotes, or appreciation.

If mom's love language is Words of Affirmation, she'd be tickled pink to receive a handwritten letter from you. Share how much she means to you or simply thank her for a time when she helped you without knowing it. No emails. No texts. Let your handwriting say it all.

Do you have a cork board you aren't currently using? Divide it into segments each representing a household member. Use it to pin personal notes with kind words to one another. This is sure to stir up warm emotions—especially in those whose love language is Words of Affirmation.

"My husband often surprises me with special messages written either on the bathroom mirror or shower door that are not visible until after I have a hot shower. I asked him how is he able to write these where I don't detect them and he told me he gets a small amount of soap on the tip of his finger and uses it as his writing instrument. It always puts a big smile on my face to see these personal messages appear by my very own 'ghost' writer." ~Anonymous

Every child is created uniquely. Bedtime creates opportune space to relive the moments your child shined throughout the day. Avoid comparisons and focus on positive, affirming words. Children always sleep better with a full love tank.

Words are the most common language of appreciation used in the workplace. Three parts make an effective compliment: using their name, telling specifically what they do that you value, and why it is more important to you, your organization, or your clients.

Pick up a book from a local bookstore you think your spouse will enjoy. Go through the text and highlight all the words you think describe him or her. Be sure to explain this so while reading, your hand-picked words will speak loud and clear.

Every child loves compliments—especially the one whose primary love language is Words of Affirmation. The best compliments focus less on the object and more the child. For example, instead of saying, "Those clothes look nice on you," try "You make those

clothes look way cool!"

It's rather unusual in recent years to receive a handwritten letter from someone you know. Many people, however, look forward to receiving them in the mail. Is there someone you can write to this week that could use a little encouragement or affirmation? If so, don't put it off any longer.

"My fiancé and I are in different times zones, so every night before I go to sleep, I write a good morning message for him to wake up to. He is a man of few words, but I think he has gotten used to my expression of love, because now on the days I miss he writes a good morning message to me." ~Shirley

If you don't already know, observe a favorite hobby of someone you care about. Give them a sincere compliment related to it. For example, "Honey, you throw a frisbee so well," or "You really are an excellent planner."

Reminding your spouse of how physically attracted you are to them is never a bad idea. Let them know that you find them beautiful on a regular basis. If their primary love language is Words of Affirmation your words will carry them through the day.

Use adjectives that accentuate how lovely your spouse is to create an acrostic with their name. Incorporate it into a painting, graphic, or video and then present it to him or her when the moment is right.

If your child likes to color or draw frequently, be sure to compliment his or her art often. If they know you like it, not only will they feel loved but they will also be encouraged to keep developing those skills as they grow up.

Consider a relationship with a sibling or relative who treated you well recently or while growing up. Recall those experiences in a letter that specifically identifies the qualities they possess that you appreciate and the fact that you enjoy the relationship you have with them.

Write short and endearing notes to your spouse and secretly place them in a book you know he or she will be reading soon. If their love language is Words of Affirmation, your notes may actually be more enjoyable than the book.

If you notice that your boyfriend or girlfriend has bought a new piece of clothing or gotten a new haircut, be sure to compliment them. He or she may be donning the new style specifically to impress you, so your verbal accolade will mean a lot.

Don't forget to compliment your friends; everyone needs encouragement. Tell them how good-looking they are, how kind they are, how hardworking they are and watch their face light up with appreciation.

Next time you are in your sibling's home, cover his or her bathroom mirror with sticky

notes with positive adjectives written on them. Above these or in the middle, have several sticky notes together as a square with "YOU ARE..." written over it.

If your wife does the majority of the cooking, be sure to give her genuine compliments on meals that you particular enjoy. Also let her know how much you appreciate her taking care of the meals. This will brighten her evening, especially if her primary love language is Words of Affirmation.

Next time you see a report card or graded homework assignment of your child's with high marks, congratulate them for his or her efforts. This will provide positive reinforcement for the value of hard work and help him or her recognize his or her intelligence.

If you haven't already, thank those in your family whom did most of the Thanksgiving cooking and post-meal clean-up. If their primary love language is Words of Affirmation, your compliment may be sweeter to them than Thanksgiving dessert.

If you've recently resolved a conflict with someone, express appreciation for his or her willingness to be honest and open about the issue. In doing so, you will remind him or her of how much you value the relationship and how important it was to you that it did not become terminally damaged.

In the holiday spirit, write a letter to a close friend or family member who you are not able to keep up with as much anymore. Remind him or her of the qualities that made your relationship dear. Fill them in on how your life is going, and request that they do the same for you.

If you notice that your spouse has been working out lately, compliment him or her on the effort and physical progress. Starting a workout routine is usually difficult, so your encouragement will help your spouse stick to it.

Send your friends encouraging texts every couple of days or weeks. This will affirm them when they're not expecting it and, if their primary love language is Words of Affirmation, help them through the rest of day.

Without any apparent reason, get a close friend's full attention and tell him or her clearly and directly why you enjoy being his or her friend. This will not only catch your friend off guard with affirmation but it will also surround him or her with a sense of security.

Statistics show that business owners are among the loneliest on the workplace. Make it a point to affirm your boss on a regular basis. Thank him or her for the chance of employment, and underline his or her strengths.

The next time someone close to you has a birthday, instead of buying a generic card, make your own (by hand or via graphic design) card for him or her and include encouraging and tender words in the card. If Words of Affirmation is his or her primary love language, it may be just be his or her favorite gift.

College students, when your roommate is out tape a blank piece of paper above his or her bed. Point out positive qualities by writing a short message on the paper. He or she will have feel loved and secure before falling asleep.

If your spouse is the breadwinner, take time to express your appreciation. Whether verbally or through a letter, if his or her primary love language is Words of Affirmation it will mean a great deal. Tell him or her how thankful you are for his or her hard work to support the family.

Keep the Valentine's Day spirit going this year. Get a large amount of aesthetically pleasing card stock and write "I love you because..." on each of them, finishing each

one with an attribute or action of your spouse that endears him or her to you. Then, on a morning when he or she will not be in a hurry, get up early and place them throughout your house. As your

spouse goes about his or her daily routine, he or she will continually be reminded of your love.

Place encouraging notes in a book that your spouse is reading. As he or she is enjoying the read, your endearing notes will be discovered and adored.

For those of you with an artistic bent for words, try writing a poem for your spouse, fiancé(e), or significant date. Craft the best stanzas you can, accentuating why the person is special to you.

If you notice that your spouse or friend has had a heavy load in work or school recently, be deliberate about encouraging him or her and letting them know that the difficult circumstance is temporary.

If you like a new hair style or type of clothing someone you know has been trying out, complement him or her on their appearance. This will encourage them in their new fashion decisions.

If your friend enjoys making art (songwriting, painting, creative writing, etc.), take time to sincerely compliment his or her workmanship. Find something specific about their art that you like and explain to them why you do.

If you have a marker board in your house, write loving notes to your spouse every now and then. This could be the highlight of his or her day.

Husbands, secretly slip affectionate and/or encouraging notes into your wife's purse. When she finds them throughout her day she will be warmly reminded of your love for her.

College students, if your roommate or friend works hard academically and makes good grades, encourage them with a hearty congratulations! Making good grades is often challenging and he or she will appreciate that you noticed the effort it took.

Most college seniors are graduating in the next couple weeks. If you know one of these seniors, go out of your way to congratulate them for their accomplishment. It took years of hard work.

Compile a group of love songs within your spouse's favorite genre and put them on a CD or playlist. Leave it somewhere he or she will notice with a note that reads, "Songs I would sing for you." As they hear the sweet lyrics, it will be as if the songs were written specifically for them.

Do you have a mobile device that can send text messages? If so, why not send a text to someone you care about and share just how much he or she means to you? This small expression of love is sure fire way to instantly brighten their day.

Get a poster board and write your spouse's name descending vertically on the left in

large capital letters, using different colors and fills. Then, form an acrostic, writing an adjective or phrase beginning with each letter of his or her name exemplifying why they are special to you.

If your spouse leaves their laptop open, change their desktop background (if you don't think they'll mind) to a picture of you and him or her together. Overlay text on the picture that says, "I love you."

Go old-fashioned and write your parent(s) a hand-written letter expressing to them how thankful you are for them. Consider including a few quaint memories from your childhood to make it all the more endearing.

Adorn the product labels inside of your cabinets, refrigerator, or freezer with a plethora of small notes to your spouse, each mentioning a favorable trait of his or hers relating to the product itself. For example, on the sugar container, "To me, your love is sweeter than sugar." Or on the cheese, "Babe: I love your cheesy sense of humor."

Text a friend you haven't spoken to in a couple weeks or months. Take some time to rehash memories, catch up on the latest happenings, and affirm them in their pursuits.

Sometimes in a close relationship you have to work through a conflict, rarely an easy conversation. If you need to have such a conversation, be sure to affirm the person before, after, and even during the conversation. "Because I care for you, it really hurt me when..." "I'm telling you this because I love you..." Resolving a conflict is easier when we remind each other of the value of our relationship.

Find a moment when you are near your spouse during your holiday celebrations and light a sparkler. While it burns, share all the things you appreciate that he or she does that helps to keep the spark in your relationship. When you are finished, hand him or her a sparkler and proceed to light it with your own. Reassure him or her that you endeavor to do all you can to keep the spark alive in your relationship too.

Write a short letter to your spouse and put it in your mailbox. When they get the mail, they will be delighted to find a note from you in it.

Find a creative way to express your appreciation to a colleague that often gets overlooked. You could write a handwritten note of encouragement, stop by his or her workspace and compliment something personal (i.e. positive attitude, resolve, or faithfulness), or, if you're a bit more introverted, send an email of appreciation.

Words of Affirmation don't always have to come through your lips. An encouraging text, email, or even a handwritten note can express this particular love language. Take some time to look through your contact list or address book and endeavor to share some affirming words with at least one person once a day for the next seven days.

Think about a goal, dream, or accomplishment that someone you love may be putting off because they feel inadequate. Use affirming words to encourage them (instill courage). Tell them you think they can do it; accomplish it; be it. These simple words could boost their confidence and help them reach their potential.

Why not pick up some sidewalk chalk and have some fun with it?! For example: If you want to show love or appreciate for someone who has taken his or her car to work, write a big

"VIP Parking" in on the driveway where they park (add hearts if a romantic relationship). Then write out affirming words all along the path they are likely to follow once they get out of the car. By the time they reach the house, this or her love tank will be full!

Does your child eat cereal in the morning? If so, cover each box of cereal with post-it notes filled with encouraging words. This is one sure-fire way to fill the love tank of your little one(s) before they head off to school.

In honor of the opening of the football season, write an inspiring 3football locker room2 speech. Read it to your husband before he walks out the door to work. His love tank will be filled and he'll be ready to take on the world.

Vow to yourself that you will very carefully consider the words you use with those you love, especially in emotionally charged situations. That extra few seconds finding the right words will have much more impact than the torrent that can flow from a heated exchange.

Grab some sidewalk chalk and have some fun with it! For example: If you want to show love or appreciate someone who has taken the car to work, write a big "VIP Parking" in a car shaped rectangle on the driveway where they park. Then draw a path of affirming words they are to follow once they get out of the car. By the time they reach the house, they will feel loved. Next time you are driving with your spouse, instigate a game of "What I Love About You!" It's fairly explanatory, but to play you simply take turns saying one thing you love about each other. This can also be a fun road-trip game with the whole family. "We have a 5x7 picture in our bathroom on which we write love notes to each other. Instead of a picture, we inserted a sheet of college ruled paper and use a dry erase marker to write on the glass. I love seeing what message he will leave for me each morning." - Ivette

"I bought a 'pop up' post it dispenser and wrote a 'why I love you' on each post it, then wrapped it back up and gave it to my husband to keep on his desk. Some were silly and some were more serious. He loves pulling the next one out when he needs a pick me up." ~Becky

With the rise of technology today, a hand-written letter from a trusted friend is almost unheard of. Take some time to find some interesting stationary and write a letter to someone you care about.

When on vacation, many people enjoy visiting the ocean or a beach of some sort. As you frolic in near the water, take advantage of the wet sand to write fun, playful, and/or loving words to those you love. Creation never looked so good!

Write sticky notes of affirmation and stick them on the fridge, mirror, front door, and any where else your child will see. Describe not just what you appreciate about what they

do, but who they are.

Words of Affirmation can easily be expressed in the workplace electronically—email, messaging, social media, or text. However, a hand-written note, card, or verbal affirmation may add a personal touch that feels a bit more meaningful to the recipient. Look for opportunities to give Words of Affirmation, not only for what people do, but for who they are.

My husband and I have the exact same love language. Why do we feel disconnected? Many times, if a couple happens to have the same love languages, they have different dialects within those languages. So, you still think that what makes you feel loved makes them feel loved. The best way to handle that is to say to them, “Okay, so Words of Affirmation is your love language. It’s my love language too. What are the kinds of words that you like to hear from me? And where do you like to hear them? In private or in public?” So, find out something about the nuances of speaking their love language.

That’s the key: learning to speak their language and their dialect of that language.

"My husband's primary love language is Words of Affirmation. On one of his birthdays, I wrote a single word of each of his best attributes on vellum paper. There were about 80 of them and I put in a small paper jewelry box with my picture on top. And during our lunch he read every one and I could tell he really loved it!" ~Anonymous

"Whenever my friends are encountering a challenge or bad situation in their lives, I send them a message telling them that I believe in them. I also remind them of God's great love and purpose for their life." ~Elionei

"I put a note in his jacket pocket or inside his laptop, expressing how I feel about him and thanking him for everything he does for me. " ~Cindy

"I write the words "I love you" or "I'm thinking of you" or even "Baby, you're the greatest" into a banana and pack it in his lunch box. You can write with anything sharp into the peel and it will show up clearly in just a few minutes." ~Anonymous

"When I have to spend a night away from my family, I write a note to each of them and put it under their doona (blanket) so they only find it when they hop into bed for the night. The note tells them how much I love them and look forward to seeing them again soon." ~Gwen

Do you have a song that is memorable between you and your spouse? If so, see if there is a music video or streaming link online and send it to him/her via text or email. The lyrics will be a warm reminder of the love you share. (Relationship: Marriage)

Sometimes saying what we think can get us into trouble. But if you are in a relationship with a person whose primary love language is Words of Affirmation, learn to speak out the positive thoughts you have towards them. Husbands: if your wife looks nice when you come home, tell her. Wives: If you like the way he looks in those jeans, tell him.

Parents: Tell your kids you are proud of them for working hard on difficult homework.

Too often we miss the moment and unintentionally hold back the very words that can fill the love tanks of those we love. (Relationship: All)

For the Words of Affirmation person, you are not limited to the expression alone (ex. I love you or I appreciate you). Although these words fill their love tank, they also want to hear the reasons behind those words—why do you love me? Take a moment to think through why you love, care, or appreciate someone. It may be a spouse, family member, child, friend, colleague, or other relationship. Let them know the why behind the words and watch them light up with joy. (Relationship: All)

"I leave post-it notes for my spouse saying how much I appreciate him and love him. I put them in his shoes, in his pants pockets, his wallet, attached to shelf in his bureau, when he lifts the toilet seat cover and on his car window. It just reminds him that I am thinking of him and I usually don't put them in the same place this way he's surprised. He loves getting them and I love writing them—little love notes." (Relationship: Marriage, Family)~submitted anonymously