

-- Sample Pages --

Jackie Stanley's
DICTIONARY
OF
ENCOURAGEMENT

Little Pencil Press

www.EncouragementAlways.com

PREFACE – NOTE TO THE READER

Dictionaries like the ones published by Merriam-Webster are places we turn to when we need help with the pronunciation or definition of a word. *But the dictionary you are holding in your hand is not like other dictionaries.*

This dictionary was designed to assist you when you need help with the challenges and difficulties of everyday life. You can use this dictionary to define who you are in terms that empower you and your circumstances in ways that will allow you to transcend them. Beside each entry in this dictionary you will find the word defined in a way that will reassure you, incorporated in a sentence that will support you, or cited in a quotation that will encourage you.

I have tried to give credit where credit is due. There were many instances in which a quote was attributed to more than one person. In those instances I did the best I could to make the right call and include the most accurate source.

I didn't create this dictionary because I believe I can give you all of the encouragement you need; I just want to make certain that I give you all the encouragement I can.

Jackie Stanley, Chief Encouragement Officer

A:

ABANDON - AWKWARD

Do not *abandon* yourselves to
despair.

We are the Easter people and
hallelujah is our song.

Pope John Paul II

Ability

You have to have confidence in your *ability*, and then be tough enough to follow through. *Rosalyn Carter*

Ablaze

Don't wait for someone else to light your fire. Set yourself *ablaze*.

Able

You are *able* to do whatever you think you are *able* to do.

Abound

Good things will *abound* when you allow yourself to look for them.

Absolute

You have *absolute* control over how you react to what happens to you.

Absorb

Absorb every drop of joy you can find each day.

Absurd

It is *absurd* to think there is something wrong with you.

Abundance

Doing what you love is the cornerstone of having *abundance* in your life. *Wayne Dyer*

Accede

Accede when someone tells you how wonderful you are.

Accelerate

Believing in yourself will *accelerate* your march toward your goals.

Accept

Accept genuine offers of assistance.

Acclaim

Acclaim is nice but not necessary.

Achieve

Nothing stops the man who desires to *achieve*. Every obstacle is simply a course to develop his achievement muscle. It's a strengthening of his

powers of accomplishment.
Eric Butterworth

Acknowledge

The best and safest thing is to keep a balance in your life, *acknowledge* the great powers around us and in us. If you can do that, and live that way, you are really a wise man.
Euripides

Acquire

No one is ready for a thing until he believes he can *acquire* it.
Napoleon Hill

Act

Act as if what you do makes a difference. *William James*

Action

Forward movement. Productive effort. Positive steps. *Action* is an essential ingredient in getting desired results.

Active

I've found that luck is quite predictable. If you want more luck, take more chances. Be more *active*.

Show up more often.
Brian Tracy

Actual

The *actual* amount of time you have on this planet is unknown. That's why it's important not to waste a single moment.

Adage

It's an old *adage* that the way to be safe is never to be secure... Each one of us requires the spur of insecurity to force us to do our best.
Harold W. Dodds

Adapt

Reasonable men *adapt* to the world around them; unreasonable men make the world *adapt* to them. The world is changed by unreasonable men. *Edwin L. Cole*

Add

Try to *add* to every equation in which you are a factor.

Adorable

When grace is joined with wrinkles, it is *adorable*. There is an

unspeakable dawn in a happy old
age. *Victor Hugo*

Admire

Admire yourself.

Advance

Let our *advance* worrying become
advance thinking and planning.
Winston Churchill

Advantage

It is to your *advantage* to accept
yourself and to learn from your
mistakes.

Adventure

Life is either a daring *adventure* or
nothing. *Helen Keller*

Adversity

Sweet are the uses of *adversity*
which, like the toad, ugly and
venomous, wears yet a precious
jewel in his head.
William Shakespeare

Advice

Only take *advice* from people who know what they are talking about.

Affection

Give heaping doses of *affection* to the people you love. Accept heaping doses of *affection* from the people who love you.

Affirm

Denying the truth will keep you stuck. *Affirm* it and be set free.

Affirmation

Affirmations are like prescriptions for certain aspects of yourself you want to change. *Jerry Frankhauser*

Again

You can't turn back the clock. But you can wind it up *again*.
Bonnie Prudden

Agree

The next time someone comments on how fantastic you are, *agree* with them.

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