

Worksheet: Sharing Your Light

Radiance, Week 3: 7-20-26

Purpose: To help you recognize the power of encouragement and discover how celebrating others strengthens your own confidence.

1. Think of Someone Who Has Encouraged You

Who is someone whose kind words or support made a difference in your life?

What did they say or do that stayed with you?

How did it make you feel?

2. Celebrate Someone Else

Think about a woman you admire. What are three things you genuinely appreciate about her?

- _____
- _____
- _____

Now ask yourself....Have I ever told her?

☐ Yes

☐ Not yet...but I will.

3. Celebrate Yourself Too

Sometimes we're so busy cheering for everyone else that we forget ourselves.

What are three things you're proud of about **you**?

- _____
- _____
- _____

Remember...

You can celebrate someone else without forgetting your own worth.

4. My Ripple Effect

This week I will intentionally encourage:

- ☐ A family member
- ☐ A friend
- ☐ A coworker
- ☐ Someone online
- ☐ A stranger
- ☐ Myself

How will I encourage them?
