

Takeaway Sheet: Be the Woman Who Uplifts

The Power of Mutual Encouragement (Not Competition)

- Uplifting others doesn't dim your light — it expands it.
- Real friends clap when you rise and sit with you when you fall.
- Encouragement is a language of belonging — speak it often.

Celebrating Each Other's Wins (Without Shrinking Your Own Voice)

- Another woman's win doesn't mean your light is any less bright.
- Celebrating others teaches your mind to celebrate yourself.
- There's room for everyone — joy isn't a limited resource.

The Ripple Effect of Kindness, Affirmation, and Being "The Encourager"

- One kind word can change the trajectory of someone's day.
- Being the encourager strengthens your own self-worth.
- You never lose by lifting someone up.

How to Intentionally Attract Soul-Aligned Friendships

- You attract what you believe you're worthy of.
- Let go of draining connections to make room for nourishing ones.
- Soul-aligned friendships thrive where authenticity lives.