

This morning my 6-year-old daughter wrote an encourageable book for me. It was exactly what I needed to hear. I am sharing her words of wisdom in this brief video in case you need to hear it too. Her first-grade teacher has a box of little cards with inspirational words and sentences in them that they call 'encourageable'. I love the word since it summarizes how some words can lift you up and speak to your heart.

If this speaks to you, please feel free to share.

Sign up to my newsletter [at this link](#) to download a resource to help you identify your energetic wounds and to receive notifications for new videos.

With love and light,

Damla