

## **TEN POWERFUL PHRASES FOR POSITIVE PEOPLE**

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### **“I’m wrong”**

- If you wait until you have all the knowledge and experience you think you need, you’ll never take a risk or achieve a goal.
- It’s not how we handle the good days that determines how well we do in life. It’s how we handle the bad days.
- Life is too short. And ego is neither too large nor too fragile for a person to heal a wound and repair a relationship with a few simple words.
- No matter what we might have done in the past that we regret, of which we are ashamed, or that we wish we could take back, God can wash away without a trace.

### **“I’m sorry”**

- The ability to say “I’m sorry” shows that we are able to see the other person’s point of view, that we want to maintain a relationship, and that we are not too big to reach out and see good in others.
- Disney said there were three types of people: “Well Poisoners,” who criticize and try to tear people down rather than build them up; “Lawn Mowers,” good people who do their jobs, pay their taxes, and take care of their families and homes but never venture beyond their own yards to help others; and “Life Enhancers,” who by their kind words and deeds enhance the lives of others and leave their world a better place for having lived.
- Trying – even if we fail – is better than having to say sorry later. Even if we don’t achieve success in a venture, we’ve had the experience, we’ve enlarged our thinking, and we still may have achieved more than we’d ever thought possible.

### **“You can do it”**

- As parents, we need to create that positive atmosphere in our homes. We need to encourage our children that they can do anything they set their minds to, and that God will bless them and keep His hand upon them.
- We have great opportunities to be positive people who encourage more “can do” people.
- It’s important to encourage a “you can do it” attitude in others and within yourself. Sometimes it is the only thing that drives a person to accomplish his goal.
- You never will discover how far you can go if you don’t start “doing it.”
- Even if you do it and fail, you have the strength and the courage to know how far you did get so that you’re going to try again, or do it differently next time, or take on a new job with greater confidence.

#### “I believe in you”

- “Why not us? Why not now?” That sentiment sums up how we should believe that we can achieve. We have to believe that we can be the winner, the achiever, the successful person who reaches goals.
- Believing in ourselves and others is a critical element in the amazing human achievements we see every day and may take for granted.
- “If you don’t enter the race, you’ll never win. That’s how life works. Even though we didn’t win, we entered and competed.”

#### “I’m proud of you”

- Probably the most powerful thing we can say to our kids, next to “I love you,” is “I’m proud of you.”
- “I’m proud of you” doesn’t only have the power to recognize achievement. That little phrase is concentrated power – an energy boost to encourage people to do more than they thought possible.
- And he said that just hearing me express my pride in his team to an esteemed member of his profession made him thankful from the bottom of his heart.

#### “Thank you”

- “Thank you” is an acknowledgment of the other person’s generosity. It recognizes the other person’s kindness and the effort that person made to think of us.
- The gift of time is a most valuable gift.
- “I thank you.” We can never wear out that phrase. It should always be on the tip of our tongue if we are truly grateful to others who help us each day and to God who has richly blessed us with more abundance and freedom than any country in history.
- I believe in a daily attitude of thankfulness, of expressing thanks for even the smallest favor or consideration, of thanking God in prayer, and of showing my gratitude by sharing His abundance.

#### “I need you”

- We need so many people that we tend to take them for granted.
- When you look around there is no limit to all the people you need, but few of those people ever actually hear from you that you need them. We take them for granted and really don’t think about them a lot.
- When we know we are needed, we feel better about ourselves, perform better, and even want to do more to show how much we truly are needed.

“I trust you”

- Leadership not only starts in our own life but begins primarily at home, where family leadership requires a member to be trustworthy and worthy of being followed.
- Trust is developed through experience.
- Trust is essential in a friendship, but we also need trust in community.
- Trust means we delivered as promised.
- Trust is based on the Golden Rule: trusting that people will treat us as they would like to be treated not only is assuring but encourages us to be trustworthy.

“I respect you”

- Earning and showing respect begins with listening to people.
- Showing interest in everyone we meet is one of the highest forms of respect.
- Showing respect begins with simply forgetting about ourselves for a moment and being aware of the other person.
- A team sport must be built around respect for the game and your fellow player. Great coaches know how to encourage their players and earn their respect.
- Teamwork is not possible without respect and trust.

“I love you”

- To say, “I love you” and mean it with all your heart has remarkable power.
- So, when we love each other, we learn to appreciate each other’s talents.
- There’s a big world out there with a lot going on both positive and negative.
- So, love is all around us. We need to look for and nurture love – for our God who blesses us richly, for marriages, for families, for friends, and for our communities.
- If you can’t say the words, at least give someone a hug. And make it a big one!