

MARY KAY[®]

AFFIRMATION PHRASES

Below are some examples of how you can take a sentence and insert different adjectives to customize affirmations for a specific person.

REMEMBER THAT AN EFFECTIVE AFFIRMATION:

Comes from the heart

Is genuine

Is spoken in a sincere manner with words and nonverbal messages
(eye contact, facial expression, posture)

Is specific to the person you are affirming – affirming who she is as well as the accomplishment

You may want to create several sentences of your own. Consider saying the sentences out loud and using different adjectives. It's important that you appear comfortable when recognizing others.

You are an incredible person. Your *strength* and *determination* proves that no one can stand in your way when you make up your mind to do something.

You are an incredible person. Your *commitment to excellence* and *willingness to step out of your comfort zone* inspires all of us to follow in your footsteps.

You inspire me when I watch *the way you open your heart* to your team members when they need help.

You inspire me by the way you face the challenges in your life. You *greet* each day with *enthusiasm* and *optimism*. You *demonstrate* what it is to be a true woman of *faith*.

It's easy to see how much you *care* for your customers. Mary Kay wanted us to enrich the lives of our customers and you do that with the *thoughtful* things you do, the *attention* you give them and your *genuine concern* for their well being. Mary Kay would be so proud of you!

It's easy to see why you are *successful* - in life and your business. Your *passion* for people is obvious by the way you *dedicate* yourself to helping others. Like Mary Kay often said, "All that you send into the lives of others will come back into your own." Knowing this, you will surely be blessed as you have *blessed* others.

Watching how *devoted* you are to your family and how you *thrive* at being a mother fills me with joy.

Watching how you have grown personally and professionally makes my heart swell with pride. You inspire all of us by always looking for a better way to do something. Your *systematic* approach to the business and attention to detail has given you a greater understanding of this business and you *willingly* share that knowledge with all of us.

I **admire** the *positive* impact you've had on your team members, sister Beauty Consultants and your customers. You are destined for *greatness* and I consider it an honor to know you.

You have such a great ability to make people happy. You are fun to be around with your *wonderful* sense of humor and *easy going* personality - people want to be in your space and that is something we all aspire to.

ADDITIONAL PHRASES:

Watching how you.....makes me smile

You are so good atbecause of the way you.....and you demonstrate such

You truly lead by example in the way that you

You add such value to the unit by the way you....

Because of how youit gave me the incentive to

You inspire me by the way you

You truly have a gift for

I particularly appreciate

DESCRIPTIVE WORDS

adaptable

ambitious

analytical

assertive

attentive

broad-minded

capable

challenge-oriented

competent

confident

conscientious

constructive

cooperative

courageous

creative

curious

dedicated

dependable

demanding

determined

diplomatic

disciplined

dynamic

economical

effective

efficient

easy-going

exuberant

enterprising

far-sighted

fast learner

firm

flexible

forgiving

frank

friendly

generous

gentle

giving

good-natured

healthy

helpful

honest

hopeful

humble

humorous

imaginative

independent

individualistic

industrious

insightful

intelligent

inventive

kind

likeable

logical

loving

optimistic

personable

pleasant

poised

positive

practical

pressure

problem solver

productive

proficient

progressive

punctual

realistic

reliable

resourceful

responsible

risk-taker

self-reliant

self-starter

sincere

skilled

sophisticated

successful

systematic

tactful

talented

team member

trustworthy

verbal

versatile