

# Words That Have Encouraged Me For Years

By Lee Wise

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## CHIN UP!

Walking down the hall I heard those words again: "Chin up!"  
I knew who it was, of course.

It was my boss!

I don't know how many times he has said that to me over the  
years. I've grown to love it.

## IT ALL STARTED WHEN I WAS AN INTERN

It just so happens that my boss is also one of those special  
people in my life: a mentor.

I was a pastoral intern under his care. It was a year of  
gaining insights and "learning by doing." All in all, it was  
a very productive year!

And it also meant...

## BEING EVALUATED

I was always receiving good advice! My friend and I were  
sharing one day and he said: "Lee, when you're 'up' no one  
can beat you. But when you're down, it's another story!"

That's when it started: my own personal "training phrase" if  
you please. I would be walking down the hall at church and  
hear my mentor say..."Chin up!!!"

"CHIN UP!" WAS MY REMINDER TO...

Put things into perspective,  
Take an "attitude check,"  
And keep moving!

That phrase became my own "shot in the arm." A personalized  
"You can do it!" boost from a friend.

AND IT STILL WORKS!

That was in 1980 -- and it *\*still\** works!

Like I said earlier: I was walking down the hall in the  
seminary building where I minister with my friend, and I  
heard that "training phrase" one more time.

And I loved it -- one  
more  
time!

WE ALL NEED THOSE "CHIN UP!" MOMENTS :)

Let me pass on a simple word of encouragement to you for  
today --- "You can!"

You can continue with that "winner's attitude" in a small  
segment of your life, read a chapter in a book that will  
motivate you in some way, enroll in the class you have been  
thinking about, or seek the advice you need!

Yes, "You can!"

So why not...

- \*Put things into perspective
- \*Take an "attitude check"
- \*And keep moving!

In the words of my mentor, keep that "Chin up!" spirit which  
will help you be all you can be to get the best from life.

OF COURSE I DON'T...

Think *\*everything\** is going to be solved or improved by my  
small attempt to be encouraging. It is not meant to!!

But it *\*is\** meant to be a "voice from down the hall" -- a two  
word "cheer" if you please -- to help you take another step  
in the direction of excellence, feel lifted up for a brief  
moment, and maybe... just maybe... put a measure of that "I  
can!" feeling in your heart for today.

THAT'S IT!

May your day be filled with beautiful moments in time,

Lee

P.S. Could \*you\* be a "cheerleader" for someone you know today? A "Chin up!" person to anyone around you?

P.P.S. And if you are fortunate enough to be someone's mentor, do you need to make sure that a good dose of personal encouragement is a part of your training? It works. Just ask a guy named Lee ;-)

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Lee is a seminary administrator, has a part-time business at home, and writes his own motivational mailing entitled "A Beautiful Moment In Time." Permission is given to distribute article. This entire paragraph must be included. You may contact him at [lfwise@aol.com](mailto:lfwise@aol.com) or by visiting -- <http://www.retirequickly.com/89863>

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