



February 8, 2023

<<First Name>>,

We all agree that CV-19 was such an especially rough time for children. My brother-in-law is a very successful pediatrician here in Southern CA. He says he's never seen kids suffer like this, bc of the pandemic and all the isolation and disruption.

Kids were attempting self harm and suicide as young as 9 years old. Kids lonely, depressed and scared. CV hurt the mental/emotional/social well-being of children more than any other group. Kids saw masks everywhere and the world became a scary place. People are contagious.

They were forced to isolate a lot. Adults were stressed everywhere. Just because things are open again does not mean our kids feel totally back to normal. Our kids need to be LIFTED UP. Let's be the strong foundation for them.

Here are 17 ways to compliment kids and build them up:

1. You make me proud everyday.
2. I've noticed how hard you've been trying.
3. You inspire me.
- 4: I can trust you because you are honest.
5. You're a great role model.
6. You make me want to be the best person I can be.
7. You amaze me.
8. Your effort hasn't gone unnoticed and I appreciate it.
9. Thank you for teaching me something new.
10. I'm lucky to have such a kind child.
11. You've got so many great ideas.
12. You make people around you smile.
13. You're not afraid to dream big.
14. Your willingness to try is admirable.
15. You bring so much joy to our family.
16. You glow when you smile.
17. I really admire the person you've become.

This message today is not about money, but it's important to me. Healthy family relationships are more valuable than money. Let's pay close attention to how children in our life are doing. I believe they need and deserve more from all of us. **STRENGTHEN THEM** in every conversation. Now, more than ever, **THEY NEED US**.

Thanks for listening. :)

P.S. I was invited to be a regular writer for ENTREPRENEUR MAGAZINE and they just published my first article this week! [HERE IT IS.](#)

If you'd like to see if you qualify to become a PACIFIC CAPITAL client, please schedule a time to talk by [clicking here.](#)

Sincerely,

**L** Lisa

"Chad Willardson & his team are extremely knowledgeable in their field, experienced, professional, personal, trustworthy and reliable, and more. Chad is a man of integrity, ambition & dedication. I have referred family & friends and know they'll be able to see the difference at Pacific Capital."

Schedule a Call

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