

## VeteranCaregiver.com Video Resource

## Recommended Resources: Uplifting Three Word Phrases That Matter

Overview: Words are powerful and can make a significant difference in

your life and situations. Here are some positive three-word phrases that are compelling, comforting, descriptive, and

possibly helpful to your situations.

Distilling your message to only a few words can make them

impossible to misunderstand.

Silent Gratitude Isn't Much Good to Anyone. Gertrude Stein

Words of Meaning and Significance to a Caregiver and Family Member:

Empowering - I love you.

Kind speech - I need you.

Gratitude I appreciate you.

These three are a "trifecta of abundance" and are best when prioritized and sincere.

Realism - Tell the truth.

Please listen - I feel sad.

Motivating - Take a chance.

Calm focus - I am grateful.

Grounding - Believe in yourself.

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated December 2015.