

100 WORDS

OF  
affirmation  
YOUR

DAUGHTER

NEEDS TO HEAR

MATT & LISA JACOBSON

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## Also by Matt and Lisa Jacobson

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*100 Ways to Love Your Husband*

*100 Ways to Love Your Wife*

*100 Ways to Love Your Daughter*

*100 Ways to Love Your Son*

*100 Words of Affirmation Your Husband Needs to Hear*

*100 Words of Affirmation Your Wife Needs to Hear*

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and  
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# Introduction

You love your daughter, but do you *like* her? And more important, does she *know* you like her? What have you done to communicate that to your daughter?

You might have deep feelings for her, but that's not enough. She doesn't necessarily know what you know, or how keenly you feel. When was the last time you spoke words of affirmation directly to her? Have you regularly found the goodness in the everyday moments of your daughter's life and commented, raved even, about them?

She needs to hear from you, and *100 Words of Affirmation Your Daughter Needs to Hear* is a resource to spark your thinking and help you look for those times when you can speak positive words of encouragement, success, and destiny into her heart.

This book will encourage you to find everyday wins in your daughter's life and celebrate those wins in real time. The world will tear her down, but you have the gift to lift her up. Use your powerful voice as a parent to speak words of affirmation into her heart and begin building your relationship on a positive, unshakable foundation.

# I believe in you and all you will become.

If there ever was a repeat message that your daughter needs to hear, it's that you believe in her. The world will not care. The world will tear her down. The world will discourage and criticize her. The world will attempt to ensure that she never believes in herself, that she thinks she doesn't measure up.

Your voice must be steady and strong, ringing with the clarity of a silver bell on a still morning. "I believe in you! I believe in your gifts, and this world is in desperate need of them. I believe in your amazing abilities. You are going to have a powerful impact in this life!"

We've often spoken into our daughters' hearts that they could achieve the stars if they desired. God's hand of destiny was on them. It's gratifying and exciting to see them develop their talents.

Your daughter is capable of so much. Her God-given gifts will take her far. Let your daughter hear regularly from you that you believe in all she is and can become.

# Spending time with you reminds me how *interesting* you are.

I grew up in Southern California, where my dad made the long commute to and from LA every day. Because it was such a long, slow drive in heavy traffic, he carpooled with others who then dropped him off at an intersection near our home.

So nearly every day as a little girl, I went up to the drop-off point to meet my daddy. We walked home together hand in hand while I talked the poor man's ears off. I told him about my day, my thoughts, the book I'd been reading, the clouds in the sky—you name it, and I talked about it. I had his undivided attention.

As a parent myself, I look back on those long walks home and wonder how he could've been so patient with me! But he made it seem like I was the most interesting person he'd ever met. He'd smile and nod at every childish story and thought as if he couldn't be more intrigued.

Can you imagine what this did for a young girl's self-esteem? I thought I was the luckiest girl in the world to have a father who enjoyed spending this kind of one-on-one time with me.

Spend time with your girl. Not just around her but with her. Enjoy getting to know her and discovering what an exciting person she is!

# The Father's *gentle* hand is directing you.

God is here. He is active and involved. In His Word, He offers specific instructions.

As parents, our God-given job is to help our kids not only know what God is like but know Him. In Deuteronomy 6:7, we are commissioned to teach our children about God morning, noon, and night: “You shall teach [these words that I command you] diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up” (NKJV). It’s our job to teach our daughters about God and to teach them to seek Him and know Him. They need to understand that He is there, He cares, and He is involved in the details of her life, directing her if she will listen.

Are you fulfilling this commission in your daughter’s life and heart? Life is very effective at getting us to question God, to question His goodness. The first thing God’s enemy did in the garden of Eden was to question what God had said, followed by casting aspersions on God’s motives.

Your daughter will need to hear from you regularly that the heavenly Father’s hand of gentle guidance is always on her. And teach her to go to the Word to hear His instruction, His heart, and His encouragement. The Gospel of John is a great place to start.

# You, dear, are an absolute *world-changer!*

If only you had known her when she was little. Our second daughter was adorable—with curly brown hair and long, dark eyelashes. People made comments wherever we went. “My, what a lovely girl you have there!” And they were right; she was undoubtedly a cutie.

But as a mom of eight, I don’t know if there was ever a more determined child than this one.

I’d tell her to stay on her blanket and she would—except for sticking one big toe over the edge. Just to prove her point. Then she’d look up at me sweetly, as if to say, “And what are you going to do about that, Mommy?”

*Oh, child. Can you not EVER go with the flow? Just once?*

This girl is no longer a child. Now she’s a young woman out there in the world making a difference—and every bit as determined as she ever was. She stands up for what she believes is right, and the crowd does not sway her. She’s a world-changer, and I’m so thankful.

Maybe your daughter is a world-changer in the making as well. She’s strong, passionate, and unusually determined. Although this doesn’t make for the easiest parenting, it’s a gift to have a child who will someday impact the world. Thank God for your world-changer!

# I am *extremely* proud of you.

“I am extremely proud of you” is one of those statements a parent should keep ready at hand. And saying it once is never enough! Sadly, many daughters never hear those words—even once—from their parents. But that won’t happen in your home, will it?

Life is full of triumphs, great and small. Did she do her chores cheerfully? Did she act in a thoughtful way toward others? Did she sacrifice what she wanted to bless someone else? Did she accomplish a goal? Don’t just tell others. Your daughter needs to know how deeply proud you are of her, so let her know with those empowering and uplifting words.

# Your secrets are safe with me. You can *Trust* me to keep your confidence.

One of my daughters asked if we could get together in town for coffee. After a quick check of my schedule, I told her I'd be down for that. I've always loved our mom-daughter coffee dates. We met at our favorite place and ordered lavender lattes. Once our drinks arrived, my daughter began telling me all about a rather sensitive situation, and I listened carefully to the many details involved. She then made me promise I wouldn't share her secret with anyone, but we both knew that was unnecessary. I'd made that promise a long time ago when she was only a girl.

When our girls were young, they confided in us about little or silly things, but even so, I wanted to avoid passing on those personal things to others. I understood that trust is established at a relatively young age, and I wanted them to see they could count on me. They didn't need to worry that I'd go whispering their special secrets to my friends or to family members. Maybe the secret seemed small or irrelevant to me, but it was important to them.

Make sure your daughter knows you are a safe place for her to confide her secrets and innermost thoughts.

# How did you come up with that amazing plan? That's *awesome!*

She was only sixteen, but that didn't stop our daughter from writing a murder mystery, creating thirty detailed characters right down to how they liked to dress, sending out invitations, and hosting people at our fully decorated home with a full dinner where the mystery would unfold during the evening. And as you probably already guessed, the party was a smashing success—a total triumph! Everyone couldn't wait for the next one.

We couldn't stop telling her how impressed we were with her for coming up with such an elaborate and fun scheme, and she pulled it all off virtually single-handedly!

It's important to celebrate the big accomplishments, but building up your daughter's heart has far more to do with the everyday moments that are easy to pass over. When she was young, did she bring you a hand-drawn picture of a horse and the sun over the mountains? It might have looked like some blotches of color and scraggly lines, but it was her idea, her effort, and she shared it with you and looked into your eyes as you appraised her work, wondering how she did. Or did she build a village out of sticks and grass in the backyard? Perhaps she came up with a new way to do her chores.

They were all her ideas—her mind at work. Speak to her with positive affirmation. “You come up with amazing ideas!” Let her hear the sincerity of your heart when you offer praise for her latest project or her new way of accomplishing a task.

## You are such a *helpful* person!

I wish you could know our youngest daughter. Having suffered a massive stroke before she was born, this girl has faced more than most when it comes to life's challenges. She uses only one arm and has rather little strength in her legs, so she's entirely dependent on her wheelchair to get around.

But trust me, that doesn't stop her.

Because if she met you, one of the first things she'd ask is if she could get you a glass of water. And nothing would make her happier than if you replied, "Yes, please." You might wonder how she could possibly manage it (and I understand why you'd question this), but if you're patient enough, you'll get your glass of water.

I won't take the time here to describe the long, arduous process for her to accomplish this small task, but I will tell you that her face will be beaming when she finally hands you that cup. She will be thrilled to have had the opportunity to serve you!

This special girl is one of the most helpful people I know. One arm, lack of mobility, and unsteady movements don't hold her back from meeting your needs if she has anything to say about it.

*Helpfulness.* It's a gift, but it's also a quality we should all share. So encourage your daughter in the many ways she can be helpful in your family. Then applaud her for whatever she offers to do!

## It's *awesome* how far you've come!

Sometimes it's good for you to get away with your daughter. Nothing big or fancy—just a time to spend together and reflect on the year, taking stock of how filled it was with change, growth, and achievement.

We all laugh at the sloth in the movie *Zootopia*, but your daughter may feel just like him, staring out her window on a Saturday afternoon. Nothing happens . . . nothing ever happens, or it's all so slow and uneventful.

For your daughter, feelings and emotions about her life “not going anywhere” are often in regard to the moment she's in or the day she is having. The one thing tweens and teens just can't have is perspective. And that's because perspective comes with age.

But you have lived and can see the big picture and can see how far she's come. Help her see the distance she's traveled. Remind her of the mileposts she's passed in the preceding months. Help her see what she has accomplished and how she has grown over the past year. And let her know you're super proud of her!