

Encouraging

Marvellous!

Good for you!

You outdid yourself.

Way to go!

Out of this world!

You really went to town!

Wonderful. Magnificent!

You rock!

Two thumbs up!

I got first prize in the speaking contest!

I finished painting the house.

I ordered a pizza only using English!

I lost 10 pounds this month.

I managed to save \$200 this month.

I didn't miss exercising all week.

I finished reading War and Peace.

I finally quit my stupid job!

I finished all the things on my « to do » list today!

30 phrases for encouraging someone in English

When you want someone to try hard, keep going, or not give up, you can "encourage" them. Here are some phrases that you can use for encouraging someone.



Phrases **to use when someone hasn't started yet.**

You can say these phrases to someone who's trying to decide whether to do something that seems difficult or risky. Add your own, there are many in English.

1. Give it a try.

Example: Your friend has never driven a car with a manual transmission. You offer to let her drive your car, which has a stick shift.

2. Go for it.

Example: One of your students is thinking of applying to a university in the U.S. and asks if you think it's a good idea.

3. Why not?

Example: Your wife asks if you think she should take an acting class.

4. It's worth a shot.

Example: Your brother likes a really beautiful woman who lives nearby. He asks if he should ask her on a date. You think she might say no, but you encourage him anyway.

5. What are you waiting for?

Example: Your friend has been talking about quitting his job and starting his own company. You think he should do it soon.

6. What do you have to lose?

Example: Your roommate sees a job opening. She seems like she wants the job, but she's hesitating to apply for it. You think she should go ahead and apply.

7. You might as well.

Example: Your sister will be able to finish school a year early if she takes a few extra difficult classes, but isn't sure if she should. You think it's a good idea.

8. Just do it.

Example: Your friend is thinking about asking his girlfriend to marry him, but he's not sure. You want him to stop worrying and make a decision.

Phrases to use when someone is already doing well

You can "encourage" someone to continue doing what they were already doing:

9. There you go!

Example: You're teaching your daughter to swim. You told her to kick her legs. She's doing a good job.

10. Keep up the good work.

Example: You are a coach for your daughter's soccer team. Your team won a match and everyone played well.

11. Keep it up.

Example: One of your employees is doing a great job, so you encourage her to continue.

12. Good job.

Example: A student that you tutor got a good grade on her test.

13. I'm so proud of you!

Example: Your boyfriend's band was just featured in a magazine story.

Phrases to use when someone is having trouble

These phrases are ways to tell someone to keep trying:

14. Hang in there.

Example: Your sister is in medical school. She tells you about how hard her classes are and the number of hours she has to spend studying.

15. Don't give up.

Example: You're teaching your friend how to shoot a bow and arrow. He keeps missing the target and seems frustrated.

16. Keep pushing.

Example: You're at the gym with your friend, who's out of shape. He seems tired and ready to stop, but you want him to continue.

17. Keep fighting!

Example: You're at a baseball game and your team is losing, so you yell this out.

18. Stay strong.

Example: Your friend has cancer and is very sick. You want him to keep having hope that he will recover.

19. Never give up.

Example: You're playing chess with your nephew. You're winning, but you want to teach him that he should keep trying to win, even when it seems hard.

20. Never say 'die'.

Example: You're playing a soccer game. Your team is losing badly, but you want your teammates to keep trying to win.

21. Come on! You can do it!.

Example: You're watching your friend play a video game. He's almost at the end of the level, but the time is running out.

Phrases to use when someone is facing a hard decision

These phrases are ways to tell someone to keep trying:

22. I'll support you either way.

Example: Your sister is thinking about divorcing her husband. You don't want to give her advice, but you want her to feel that you support her.

23. I'm behind you 100%.

Example: One of your employees wants to change a policy in the department that he manages. You agree with the change.

24. It's totally up to you.

Example: You're helping your girlfriend shop for a used car. She finds a car that she might want to buy, but she's not sure if it's a good choice. She can't make up her mind.

25. It's your call.

Example: You're helping your girlfriend shop for a used car. She finds a car that she might want to buy, but she's not sure if it's a good choice. She can't make up her mind.

Phrases to inspire people

You wouldn't use these phrases often in regular conversation, but in writing or speeches they sound very inspirational:

26. Follow your dreams.

27. Reach for the stars.

28. Do the impossible.

29. Believe in yourself.

30. The sky is the limit.