

# ENCOURAGEMENT FOR *Real Life*

Introduction to Encouragement for Real Life

Hi Friend!

Welcome to the Encouragement for Real Life Podcast. I'm Julie Lefebure, and I'm your host here. Thank you for joining me today!

We both know real life is a mixture of blessings and blunders, celebrations and sadness, excitement and apathy. It's a combination of memory-making moments and moments we'd rather forget. And it's a blend of triumphs and failures, happiness and heartaches, and hope and discouragement.

Real life isn't always pretty and it's not always tied up with a shiny red bow.

It's not pretend or fake, and it's not a dress rehearsal. You and I don't get a second chance to live these days over. These are very real lives we are living, friend.

And some days we could use a little extra encouragement for our real lives right now.

Well, friend, this is the place you will find that encouragement. Full of hope, promise, and a whole lot of joy we all need for this journey called life. All in about 15 minutes each week. So you can listen as you're driving the kids to school, or as you're getting ready in the morning, or as you exercise or make dinner. The episodes are short enough to fit into your real life.

You'll find personal life-impacting stories, helpful life tips and tricks, timely inspiration, Biblical insight, and a fresh perspective, combined with a light-hearted tone to encourage your heart and put a lift in your step.

More than a pep talk and more than a fun place to plug in to, the Encouragement for Real Life Podcast not only lifts your spirits, but it equips you to be a light in this world. To shine bright wherever God has you. And to be a blessing in the lives of others.

That's the best kind of real life, wouldn't you agree?

You see, I've been on the receiving end of this kind of encouragement, and remarkably, it transformed me and my life. It helped me stop my stinking thinking to allow me to see the brighter side of things. I'm still a work in progress, but I believe it matters who we hang with. I believe we pour out what we take in. And I also believe our thoughts matter.

Encouragement matters, and it's something we can never get enough of.

This podcast is geared towards women, but of course, everyone is welcome here. I believe you'll find this is a place where you can feel you belong.

Thank you for joining me for the Encouragement for Real Life Podcast. I can't wait to walk this road of living an encouraged life with you.

Until next time, stay encouraged, friend.

*Julie Lefebvre*