



Activity 1: Affirm Self

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Complete the table below with up to 6 affirmation cards you identified from the card activity.

Discovery Cards Summary			
Affirmations		Reason: "Because..."	Feeling:
Write in the statement from the card front (use complete statement: "I am <word>" or "I can <word>").		Write in a reason below.	"And about that I feel..." Write in a feeling below.
Ex:	<i>I am a good uncle.</i>	<i>I frequently call and listen to my nephews and nieces.</i>	<i>Connected and happy.</i>
1			
2			
3			
4			
5			
6			

Questions to Explore

- Why did you select these cards? Are these statements you believe about yourself now or things you want to strengthen your belief in? Why?
- Which one or two affirmations do you think would have the greatest healthy impact on you if practiced regularly? What would be the impact?
- What negative stories do you find yourself telling yourself (if any) that contradict these beliefs? Where did they come from?
- How can you best incorporate this practice into your daily life? What is the best time and place to practice self-affirmation each day?