



Activity 1: Affirm Self

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Complete the table below with up to six (6) statement cards you identified from the card activity.

Discovery Cards Summary			
Affirmations: Statements from the card fronts (Use complete statement "I am <word>" or "I can <word>")		Reason – "Because..." Write in a reason below.	Feeling — "And about that I feel" Write in a feeling below.
Ex:	<i>I am a "good uncle"</i>	<i>I call and listen to my nephews and nieces frequently.</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 something you want to strengthen your belief in? Why?
- Which one or two affirmations do you think, if practiced more regularly, would have the greatest healthy impact on you? 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 this each day?