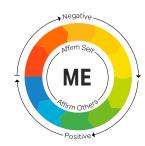


ACTIVITY WORKSHEET



Activity 1: Affirm Self

Visit R1LEARNING.COM / RESOURCES to download printable Activity Worksheets.

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>"</word></word>		Reason – "Because" Write in a reason below.	Feeling — "And about that I feel" Write in a feeling below.
Ех:	I am a "good uncle"	I call and listen to my nephews and nieces frequently.	Connected and happy.
1			
2			
3			
4			
5			
6			

Questions to Explore

- 1. Why did you select these cards? Are these statements you believe about yourself now or something you want to strengthen your belief in? Why?
- 3. 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?
- 2. What negative stories do you find yourself telling yourself, if any, that contradict these beliefs? Where did they come from?
- 4. How can you best incorporate this practice into your daily life? What is the best time and place to practice this each day?