



## Activity 1.2: Affirm Self

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*The Activity 1.2 Worksheet is an alternative format for Activity 1, and shares the same Questions to Explore.*

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

↑ Cards I most want to affirm about myself

Affirmation		
Affirmation	Affirmation	
Affirmation	Affirmation	Affirmation

## Questions to Explore

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