



## Activity 2: Affirm Others

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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 think you are <word>" or "I think you can <word>").		Write in a reason below.	"And about that I feel..." Write in a feeling below.
Ex:	<i>I think you are a good uncle.</i>	<i>I understand that you call and listen to your nephews and nieces frequently.</i>	<i>I am so happy that you are engaged with your family.</i>
1			
2			
3			
4			
5			
6			

## Questions to Explore

1. What person did you pick? Why?

3. What will be the best time and place to practice affirming this person? Why?

2. What will be the benefit of affirming this person?  
What will be the benefit for you?

4. How will you approach this person to discuss your wish to affirm them?