



Activity 3: Build New Beliefs

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<p>1. Think about a negative thought, belief, or story that you tell yourself about yourself that you would like to change and write it in the space below.</p>	<p>2. What is the impact of this negative self-talk on you and others?</p>
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Complete the table below with up to 6 affirmation cards you identified from the card activity.

Discovery Cards Summary		
Affirmations Write in the statement from the card front (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 can get through this.</i>	<i>I have experienced challenging circumstances in the past and with help and hard work I've always succeeded.</i>	<i>Hopeful and optimistic.</i>
1		
2		
3		
4		
5		
6		

Questions to Explore

1. As you think about your thought, belief, or story, can you see how these new positive self-affirmations can have a positive and counteracting impact on you? Explain.
2. What do you think the impact will be as you practice this new thinking daily?