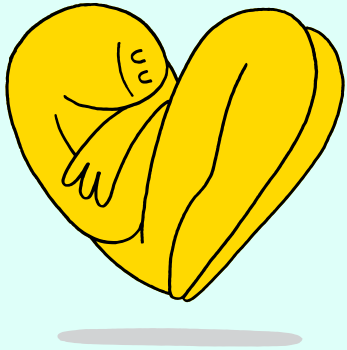


Set the Tone



SELF-AFFIRMATIONS ARE A GREAT WAY TO BEGIN EACH DAY, EACH WEEK OR EACH MONTH. THINK ABOUT SELF-AFFIRMATIONS AS PERSONAL COMPLIMENTS THAT YOU GIVE TO YOURSELF TO RECOGNIZE AND REMIND YOURSELF OF YOUR WONDERFUL QUALITIES. CONSIDER USING SELF-AFFIRMATIONS AS A WAY TO LIFT YOUR MOOD WHEN YOU'RE FEELING LOW OR A WAY TO BUILD YOUR OWN SELF-ESTEEM IN NEW OR UNCOMFORTABLE SITUATIONS.

Discussion Questions

1. Finish this sentence:
"I am _____"
(example: caring, kind,
creative, strong, wise, etc.)

2. Finish this sentence:
"We are _____"
(example: supportive,
nurturing, loving,
resilient, etc.)

3. Identify a moment in your
life when you felt lower self-
esteem. What self-affirmation
could you have used in that
moment to build yourself
back up?

Take Action

Write down three self-affirmations and share them with each other as a group. Keep this list safe and challenge yourself to read these affirmations each morning for one week. Notice how this daily ritual makes you feel.



1.

2.

3.
