



Activity 1.1: Identify Affirmations for My Self

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Observe: 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 am <word>" or "I can <word>").	Write in a reason below.	"And about that I feel..." Write in a feeling below.
<i>Ex: I am a good uncle.</i>	<i>I frequently call and listen to my nephews and nieces.</i>	<i>Connected and happy.</i>
1		
2		
3		
4		
5		
6		

Questions to Explore

Evaluate:

1. As you think about what you've learned and your results, which one or two affirmations do you think are most important for you right now?

2. What beliefs or stories that you tell yourself will shift or change as you believe these statements about yourself more fully?

Evaluate (continued)

3. How can you incorporate this practice into your daily life? What is the best time and place for you to practice self-affirmations each day?

4. What will be the benefit for you and others as you practice self-affirmations more frequently?

Respond:

5. Who can you ask for help and support?