



Activity 2: Identify Affirmations for Others

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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 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

Evaluate:

1. What person did you pick? Why?

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

Respond:

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

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