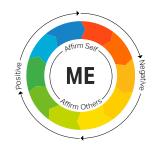
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Activity 3: Build New Beliefs About My Self

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

Observe:

- 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.
- 2. What is the impact of this negative self-talk on you and others?

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>").</word></word>		Reason: "Because" Write in a reason below.	Feeling: "And about that I feel" Write in a feeling below.
Ex:	I can get through this.	I have experienced challenging circumstances in the past and with help and hard work I've always succeeded.	Hopeful and optimistic.
1			
2			
3			
4			
5			
6			

Questions to Explore

Evaluate:

 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.

Respond:

2. What do you think the impact will be as you practice this new thinking daily?