



Activity 3: Build New Beliefs About My Self

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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	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.
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

Evaluate:

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.

Respond:

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