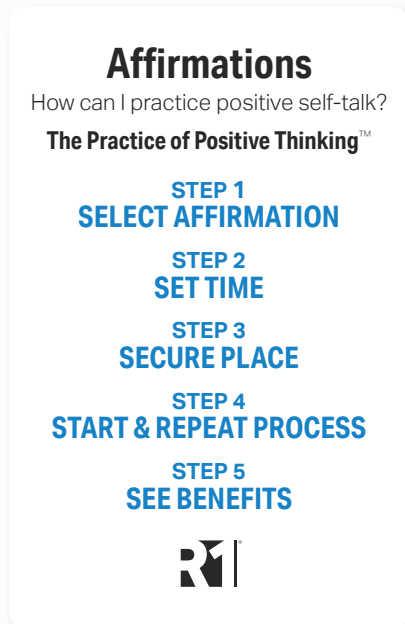
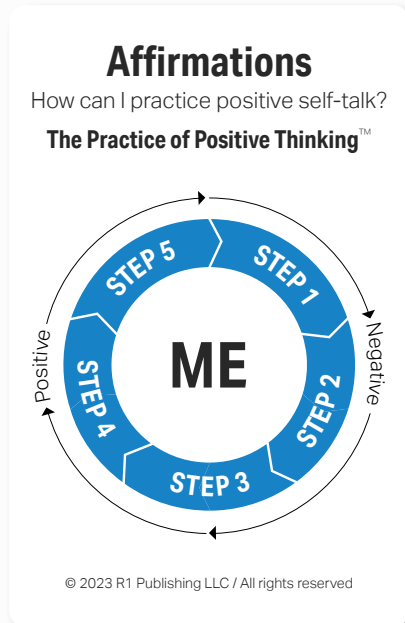


Activity 4: Explore the Affirmations Practices Model

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As you think about your understanding of the Values Model, answer the questions to explore to the right.



Questions to Explore

1. How does it help you to know that there is a model describing Affirmation Practices?
2. What resonates most with you about the Affirmations Practices Model given your own experience?
3. How does the Affirmations Practices Model help you explore ideas for practicing affirmations in your life?
4. How does the Affirmations Practices Model motivate you to practice positive self-talk more regularly?