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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.

Affirmations How can I practice positive self-talk? The Practice of Positive Thinking Negative STEP 3 © 2023 R1 Publishing LLC / All rights reserved

Affirmations

How can I practice positive self-talk?

The Practice of Positive Thinking $^{\mathsf{IM}}$

STEP 1
SELECT AFFIRMATION

STEP 2
SET TIME

STEP 3
SECURE PLACE

STEP 4
START & REPEAT PROCESS

STEP 5
SEE BENEFITS



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 ides for practicing affirmations in your life?

4. How does the Affirmations Practices Model motivate you to practice positive self-talk more regularly?