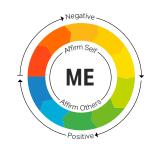


ACTIVITY WORKSHEET



Activity 1.2: Affirm Self

Visit R1LEARNING.COM to download printable Activity Worksheets.

The Activity 1.2 Worksheet is an alternative format for Activity 1, and shares the same Questions to Explore.

Complete the table below with up to 6 affirmation cards you identified from the card activity.

Cards I most want to affirm about myself			Affirm	nation		
		Affirmation		Affirmation		
	Affirmation		Affirmation		Affirmation	

Questions to Explore

- 1. Why did you select these cards? Are these statements you believe about yourself now or things you want to strengthen your belief in? Why?
- 3. Which one or two affirmations do you think would have the greatest healthy impact on you if practiced regularly? What would be the impact?
- 2. What negative stories do you find yourself telling yourself (if any) that contradict these beliefs? Where did they come from?
- 4. How can you best incorporate this practice into your daily life? What is the best time and place to practice self-affirmation each day?