

# WORDS OF AFFIRMATION

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# SOME QUESTIONS TO THINK ABOUT

What about  
yourself do  
you like the  
most?



What are you  
grateful for?



Who inspires  
you the most  
and why?

# DISCUSSION

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Describe an encouraging person



Describe a strong person

# WAYS TO ENFORCE AFFIRMATION IN YOUR LIFE:

Saying positive words can help uplift others

- Speaking positively about yourself can influence your friendships and create a positive atmosphere.

Repeat positive words of affirmation daily

- The more you speak positively about yourself, the more you will begin to believe positive things about yourself.

Make time for meditation

- If you are going through something and you feel no one understands, a great way to get your thoughts out is writing in a journal.

## Form

Students will form a circle and play an "I'm great because" game.

## Toss

Students will toss around a beach ball and state the number their right thumb lands on.

## Answer

The facilitator will give the students a prompt they are to repeat and answer.

# I'M GREAT BECAUSE...