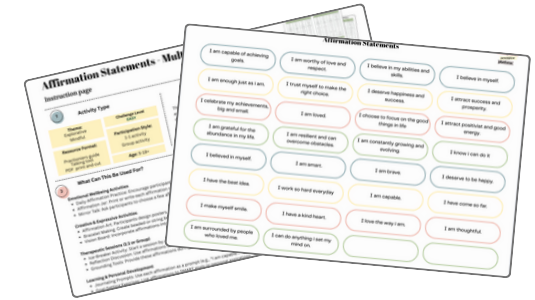


Affirmation Statements - Multi Use Activity

Instruction page



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Activity Type

Theme:
Explorative
Mindful

Challenge Level
EASY

Resource Format:

Practitioners guide
Talking tool
PDF print and cut

Participation Style:

1-1 activity
Group activity

Age: 5-18+

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General Activity Info

These affirmation words can be used across a range of therapeutic, educational, and creative activities to encourage positive self-talk, build emotional resilience, and boost confidence. They work well in affirmation art projects, morning check-ins, reflective discussions, journaling exercises, mindfulness practices, and even group activities like compliment circles. Whether used in 1:1 sessions or group settings, affirmations offer a gentle and empowering way to support wellbeing and self-esteem. This practitioner's instruction guide offers positive prompts to help you effectively plan and facilitate a session.

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What Can This Be Used For?

Emotional Wellbeing Activities

- Daily Affirmation Practice: Encourage participants to pick one affirmation each morning and repeat it to themselves to start the day with a positive mindset.
- Affirmation Jar: Print or write each affirmation on a slip of paper and place them in a jar. Each day, participants draw one to reflect on.
- Mirror Talk: Ask participants to choose a few affirmations and say them out loud to themselves in a mirror for a confidence boost.

Creative & Expressive Activities

- Affirmation Art: Participants design posters, drawings, or collages based on one or more affirmations that resonate with them.
- Bracelet Making: Create beaded or string bracelets with affirmation words as daily reminders.
- Vision Board: Incorporate affirmations into vision boards to align positive thoughts with future goals.

Therapeutic Sessions (1:1 or Group)

- Ice-Breaker Activity: Start a session by asking participants to read or choose an affirmation that reflects how they'd like to feel.
- Reflection Discussion: Use affirmations to spark conversations about self-worth, identity, or goal setting.
- Grounding Tools: Provide these affirmations during anxiety or stress-related interventions to reframe negative thoughts.

Learning & Personal Development

- Journaling Prompts: Use each affirmation as a prompt (e.g., "I am capable..." → Write about a time you proved this to yourself.)
- Goal-Setting Exercises: Link affirmations to SMART goals or personal aspirations.
- Positive Peer Feedback: In group settings, participants can choose affirmations that apply to their peers and explain why.

the
therapeutic
resource
platform

Affirmation Statements

I am capable of achieving goals.

I am worthy of love and respect.

I believe in my abilities and skills.

I believe in myself.

I am enough just as i am.

I trust myself to make the right choice.

I deserve happiness and success.

I attract success and prosperity.

I celebrate my achievements, big and small.

I am loved.

I choose to focus on the good things in life

I attract positivist and good energy.

I am grateful for the abundance in my life.

I am resilient and can overcome obstacles.

I am constantly growing and evolving.

I know i can do it

I believed in myself.

I am smart.

I am brave.

I deserve to be happy.

I have the best idea.

I work so hard everyday

I am capable.

I have come so far.

I make myself smile.

I have a kind heart.

I love the way i am.

I am thoughtful.

I am surrounded by people who loved me.

I can do anything i set my mind on.