



Hope at Hand

“Positive Affirmations”

Directions

1. Start: By reading the Positive Affirmations Statement. Talk to the participants about how important it is to keep going when you are having a bad day.
2. Read: and discuss the excerpt from Psychology Today. Then read and discuss the poem by Erykah Badu.
3. Write: Increase your positive self-talk by writing a list of your accomplishments, what you are capable of, happy thoughts, things you love about yourself, and people who love you. Participants can share a couple of lines they wrote if time permits.
4. Read: the list of affirmations, and have the students use it to fill out their own affirmations worksheet.
5. Art: Positive affirmation poster
 - Select four words from your completed affirmations worksheet and write them creatively in between the lines on the poster provided.
 - Use the top or bottom space to write your name, then color or draw to give it a pop of color.
 - Remind the students to hang their posters in a place that reminds them daily of their affirmations.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

Materials

Black permanent marker, colored pencils, markers, or crayons.

Positive Affirmations Statement

Hey you,

on particularly rough days,
when you are sure you can't possibly endure,
I would like to remind you that
your track record for getting through bad days
so far is 100% and that's pretty darn good.

Keep Going!

I Will!

I Can!

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I Can!

I am awake
My mind is free
I am creative
I love myself
My willpower is strong
I am brave
I practice patience
I give not to receive
I don't expect
I accept
I know I will change
I will hold on one more day
I start over when necessary
I create my own situations
I am cosmic
I don't have the answers
I desire to learn
I am the plan
I am strong
I am weak
I want to grow
I know I will
I take on responsibility
I hide myself from no one
I am on my path

by Erykah Badu

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Excerpt from Psychology Today article

by Susan Reynolds

“Happy brains are more creative, quicker, and more mentally alert.”

Being Happy:

Helps make nerve connections in your brain grow

Helps your brain work harder

Helps you be less distracted

Helps you be more productive

Helps your memory

Helps your mood

Happy people are more creative, solve problems faster, and tend to be more alert!

You can train your brain to be happier by working on thinking negative thoughts less and positive thoughts more!

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Affirmations

I can do whatever I focus my mind on.
I am intelligent.
I am a fast learner.
I am worthy.
I deeply love and accept myself.
Learning is fun and exciting.
I believe in myself and my abilities.
I have many gifts and talents.
I learn from my challenges.
I am open to possibilities.
I embrace my fears fully and calmly.
I make like-minded friends easily.
I am healthy.
I am creative.
Ideas for problem-solving come easily.
I am a great listener.
I am unique and special.
Opportunities come to me at the right time.
I accept myself even though I make mistakes.
Every day and in every way, I get better and better.
I am calm, relaxed, and peaceful.
I trust myself in making great decisions.
I am loving and kind to all.
I do my best in my work and tasks.
I am present.
I enjoy my own company.
I accept compliments graciously.
I am whole and complete.
I enjoy trying new ideas.
I positively embrace change.
I am vibrant and have lots of energy.
I am kind, generous, and loving.
I am brave.

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Positive Affirmations

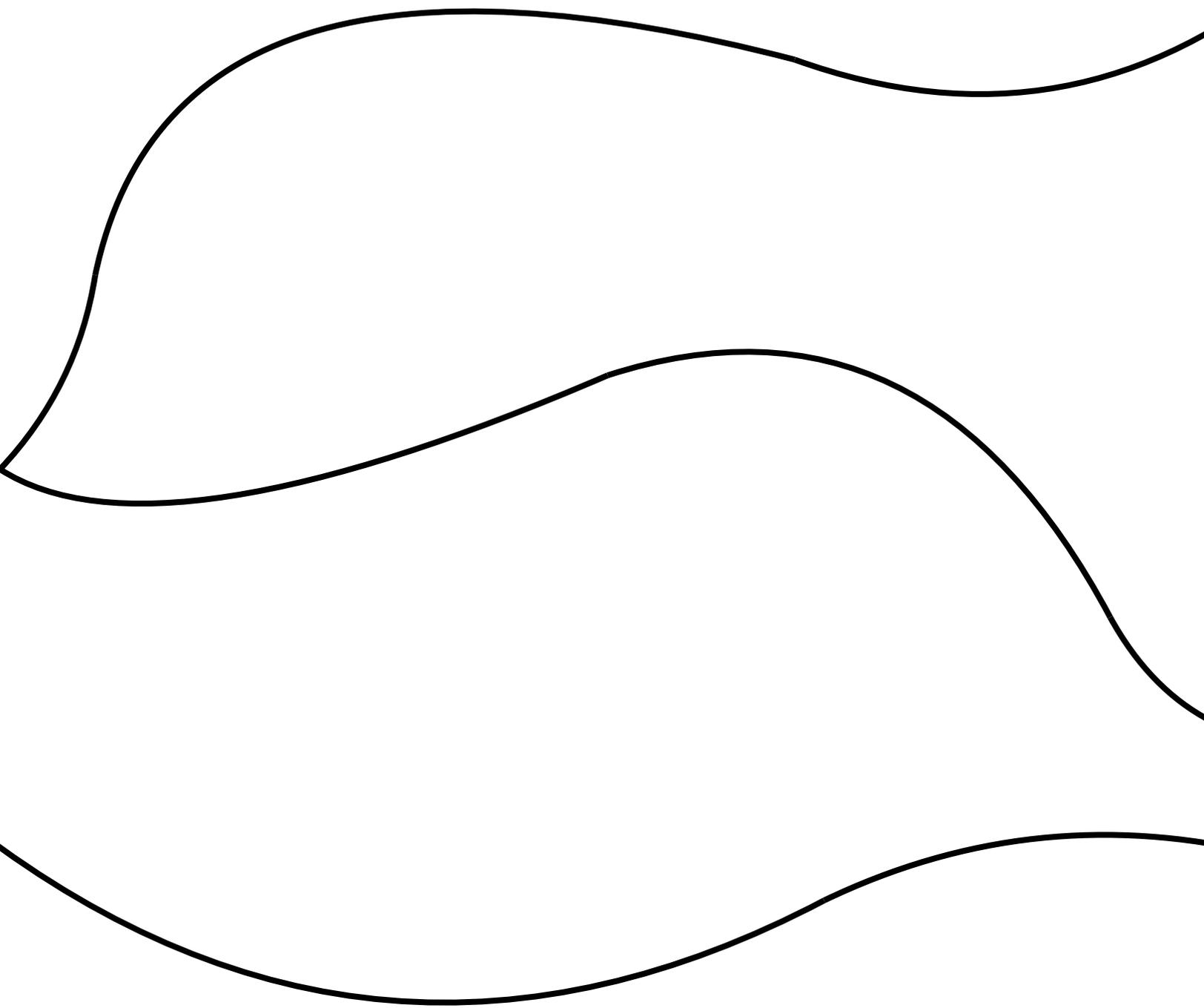
I am, I can, I will...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

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9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____



KIND

CURIOUS

INTROSPECTIVE

COLORFUL

BRAVE