

# AFFIRMATION CREATIONS

This activity encourages us to speak to ourselves in a kind, caring, and loving way. You will create 6 affirmations and practice repeating them to ourselves.

## SUPPLIES NEEDED



Writing Utensil



Affirmation Creations  
Worksheet

## DIRECTIONS:

1

### AFFIRMATIONS

Reflect on things you love about yourself (Body, mind, spirit, etc.) and what others love about you.

2

### REFLECT

Reflect on in which ways are you hard on yourself? How you can be kinder to yourself about these things? Imagine you're comforting a friend about these things. Use those same kind words when talking to yourself.

3

### REPEAT

Repeat these affirmations to yourself daily.



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# AFFIRMATION CREATIONS

Use the area below to answer the following prompts and get 6 positive affirmations :

TWO THINGS I LOVE ABOUT MYSELF:

TWO THINGS OTHERS HAVE TOLD YOU THEY LOVE, APPRECIATE, OR LIKE ABOUT YOU:

THINK OF TWO WAYS THAT YOU ARE HARD ON YOURSELF  
(DO NOT WRITE THEM DOWN)

HOW COULD YOU SPEAK TO YOURSELF ABOUT THESE THINGS IN A KIND AND LOVING WAY?

REPEAT YOUR AFFIRMATIONS TO YOURSELF AS WELL AS THE FOLLOWING ONE

**I am the most beautiful being the creator could think to create**



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