

# AFFIRMATION CIRCLE

Understanding our gifts can be a difficult task. Sometimes we feel like we aren't good at anything in particular, and are nervous about putting ourselves out in the world to explore something new. This sense of uncertainty is natural when it comes to discovering our life's journey and moving forward, especially when we don't know which path to take. Seeking out our purpose allows us to feel connected to something greater than ourselves and helps us feel confident in pursuing our dreams. This is not something static; it is not a destination we arrive at. We are always learning and growing with no beginning or end. One way of thinking about this particularly with you is through embracing the being-in-becoming. This refers to the active seeking of one's purpose through nurturing the experience of being alive! We can practice being-in-becoming when we honour that we are forever learning, growing and becoming who we are intended to be.

## SUPPLIES NEEDED:



Journal



Writing Utensil



Affirmation Circle Handout

## DIRECTIONS:

1

### PARTNERS

Within the group you will be anonymously assigned to a person in the group.

2

### EXPLORE GIFTS

Once you know who you're assigned to, think of a gift they have or something they're good at. Don't tell them and write it out on the handout. The facilitator will collect it and distribute it to the appropriate person within the group.

3

### REFLECT

Reflect on the questions provided on the worksheet.



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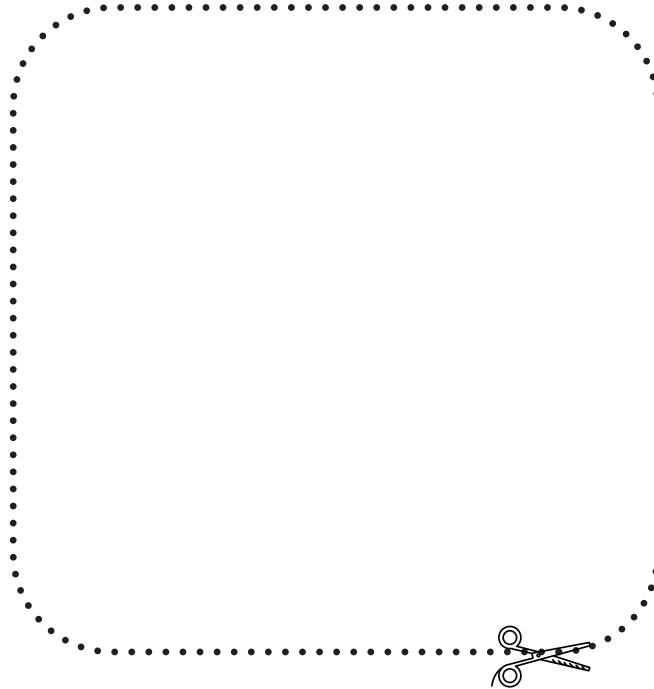
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PERSON ASSIGNED: \_\_\_\_\_

THEIR GIFTS:



## REFLECTION QUESTIONS

What were your experiences in someone sharing a gift they see in you?

What were your experiences in identifying a gift in another?

Think of ways you can share this gift with others. How can you do this?



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