**Words to Lift You Right Up**



We all have our heroes and people we admire. Whether it's your parents, Oprah, Beyonce, the Dalai Llama, or even yourself, there is always someone we look up. This activity allows you to read inspirational and affirmative words from these people, to really motivate you to be your best.

Find a picture of your hero. Write an affirmation or words of encouragement in a speech bubble- make it something that will fire you up every time you read it! Cut out the bubble and attach it to the photo, then place this picture in a really prominent place. Let the words lift you right up!