

**2021  
TRAINING  
A POSITIVE  
MIND**

**MARCH  
FAMILY  
FUN  
SHEET**



**BILLY'S  
PLACE**

21448 N 75th Avenue Suite 5 Glendale AZ 85308

*Supports in my Life*

*People who care about  
me are...*

*Interests that are  
important to me are...*

*Things that are  
important to me are...*

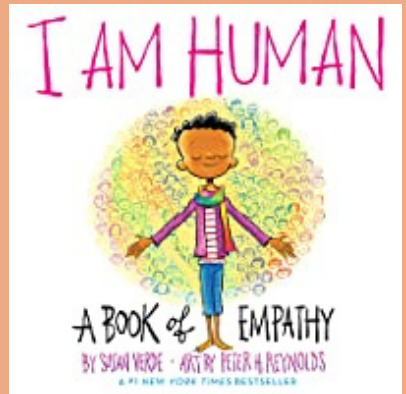
*People that strengthen  
me are...*

*I am strong when...*

*Self-care is...*

*Some types of self-care  
are...*

*Positivity.  
Self-care.  
Love*



**DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY**

**POSITIVE AFFIRMATION CARDS**

With your children, gather up pieces of paper that are cut into cards. Together, create different positive affirmations for them. Some examples could be, "I am strong", "I am fearless", "I never give up", etc.

After creating the cards, put them in a jar or baggie marked "Positive Affirmations". At a time you or your child is feeling upset, afraid, or down on yourself/themselves, pick a card out of the pile.

These affirmation cards will boost your child's self-esteem and is great for family members of all ages!

*BILLY'S PLACE BOOK  
CORNER*

*I am human*

*I am a work in progress*

*Striving to be*

*The best version of  
ME*

<https://youtu.be/FoXlkTmL8qo>

# TABLE TALK

BE GOOD TO YOURSELF

I am Wonderfully made I am Calm  
I am Unique I am Blessed I am fun  
I ENJOY LEARNING I am Thankful I am Kind  
I AM AWESOME I am honest  
I am confident I am happy with my body  
I AM FRIENDLY I AM BRAVE I AM WISE  
I AM SMART I am Thoughtful  
www.suchetaandwellfeels.com  
I am Bold I am creative I AM ME

## Billy's Place

21448 N. 75th Ave. Suite 5  
Glendale, AZ 85308

[www.billysplace.me](http://www.billysplace.me)

623.414.9838

[info@billysplace.me](mailto:info@billysplace.me)

When everyone is around the table, discuss a time when you felt bad about yourself. It could be a time you felt guilty for doing/not doing something, when you've had a bad day, or when you feel you've lost your self-confidence. After everyone has discussed one of those days/times, encourage each family member to list a few positive affirmations (i.e. I am strong, I am smart, etc.).

When everyone is finished with their initial list, go around the table and have each member say something positive about the other members in the family.

By participating in this table talk, each member of the family can see their strong points from others. They can also begin to develop a positive mind and a more positive outlook on life.