

Affirmations in College & Career Exploration



Resilience

Question Prompts for Your Class:

- What does resilience mean to you?
- What is an affirmation?
- What's an example of an affirmation?



10 Minutes: Affirmation prompts

- Introduce that the best affirmations hit the following guidelines:
 - They are specific, personal, and unique to the individual.
 - They are realistic and emphasize what someone already believes about themselves and do not seek perfection or greatness.
 - They use words of encouragement and help to define goals that are important to the individual and motivate them to be the best version of themselves.

Display the following affirmation prompts, or hand out the affirmation prompt worksheet to allow students to build their own affirmations.

- List 10 positive words about yourself.
- Describe an accomplishment you're proud of and why.
- Describe a positive impact you've had on someone around you.
- List 3 things that bring you joy.
- I believe in my ability to...
- I am grateful for...
- I am proud of myself for...



10 Minutes: Development of affirmations

Students should use this time to turn their prompt responses into a solid affirmation statement they can integrate into their daily routine.

Student directions:

- Take a moment to reflect on the affirmation prompts. Which one resonates most with you? Which statements feel like they can lift your spirits and remind you of your strengths?
- Use your reflections to write a statement below as your own unique self-affirmation.



Resilience



5-10 Minutes: Reflect as a class

Class questions:

- Does anyone want to share their affirmation?
- How can you integrate saying or looking at your affirmation into your daily life?
- What can daily affirmations do for you?



5-10 Minutes: Make commitments

Ask students to make a commitment to keep their affirmations front of mind by picking a few ways (or creating their own) that they can integrate affirmations into their daily routines.

As individuals:

- Display your affirmation in your bedroom or on a bathroom mirror.
- Write your affirmation in your agenda or set a repeat calendar appointment with your affirmation.
- Say your affirmation as part of your daily morning routine.

As a class:

- Post affirmations around the room or on each student's desk if they feel comfortable displaying their creations.
- Work as a group to identify your class goals and character values; display the class affirmation at the start of each day.
- Ask students to take ownership of a week during the year to share their affirmations, and write them on the board for the week.

Affirmation Worksheet



Directions:

- Respond to each prompt with your thoughts. If you're struggling to answer, think about what you'd like to work toward feeling or being.

Prompt	
List 10 positive words about yourself.	
Describe an accomplishment you're proud of and why.	
Describe a positive impact you've had on someone around you.	
List three things that bring you joy.	
I believe in my ability to...	
I'm grateful for...	
I'm proud of myself for...	

Name : _____ Date: _____

Affirmation Worksheet



Directions:

- Take a moment to reflect on the affirmation prompts. Which one resonates most with you? Which statements feel like they can lift your spirits and remind you of your strengths?
- Use your reflections to write a statement below as your own unique self-affirmation.

Example affirmations:

I'm helpful, kind, responsible, and capable.

When I'm intentional, I'm capable of accomplishing my goals.

I support others in accomplishing their goals.

I'll integrate this affirmation into my daily routine by...

Putting my affirmation on my bathroom mirror.

Setting a repeating calendar reminder with my affirmation.

Writing my affirmation in my weekly agenda.

Saying my affirmation while I get ready for school each morning.

Write your own commitment:

Name: _____ Date: _____