



of Greater Indianapolis

POSITIVE THOUGHTS AND AFFIRMATION STATION

Ages:

12-14

Description:

This activity will allow girls to reflect and recognize what they like about themselves, both inside and out. Boosting your self-confidence is a way to feel good about yourself and highlight the things you like about yourself the most. Thinking and speaking positive affirmations are a great way to add self-confidence to you and others around you. In this activity, you will create an "Affirmation Station" by writing down positive affirmations and placing them in a jar or container to read and reflect on when they need a boost of self-confidence.

Time:

20-30 minutes

Materials Needed:

- Paper (plain, colored, or construction paper)
- Pencils, markers, pens
- Scissors
- Jar or container

Optional Materials:

- Stickers
- Paint
- Glitter
- Glue

Instructions

Start by gathering your supplies of paper, scissors, and something to write with. You can make your affirmations as colorful and unique as you like so feel free to be creative! Get in a comfy place and think about three things you like about yourself both inside and out. Think about how you treat your friends and family; are you kind and friendly? Do you have a great sense of humor or help people when they are in need? Don't forget your physical characteristics. Maybe you love your hair or your smile. Think about these things and let's get started!

Step 1:

Think about three things you like about your personality and three physical traits you like about yourself and write them down on a sheet of paper. Keep a positive and open mind, you can do this!

Step 2:

Read some of the affirmations from the list below or think of your own. On the same sheet of paper as your positive traits, write down at least 10-15 affirmations. Don't limit yourself, you can always choose more if you want. Make sure to leave enough room to cut each one into strips. Get creative by using colored paper, markers, or other decorations.

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Step 3:

Read each affirmation out loud, or to yourself, and place each one in your jar or container. You can decorate it with paint, stickers, or glitter if you like.

Step 4:

Pick out an affirmation daily or whenever you need a positive boost to your self-confidence. Share these affirmations with friends and family to give them a dose of positivity too!

POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.

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POSITIVE THOUGHTS & AFFIRMATIONS

51. It's okay to make mistakes.
52. I am making the right choices.
53. I surround myself with positive people.
54. I am a product of my decisions.
55. I am strong and determined.
56. Today is going to be my day.
57. I have inner beauty.
58. I have inner strength.
59. No matter how hard it is, I can do it.
60. I can live in the moment.
61. I start with a positive mindset.
62. Anything is possible.
63. I radiate positive energy.
64. Wonderful things are going to happen to me.
65. I can take deep breaths.
66. With every breath, I feel stronger.
67. I am an original.
68. I deserve all good things.
69. My success is just around the corner.
70. I give myself permission to make mistakes.
71. I am thankful for today.
72. I strive to do my best every day.
73. I'm going to push through.
74. I've got this.
75. I can take it one step at a time.
76. I'm working at my own pace.
77. I'm going to take a chance.
78. Today I am going to shine.
79. I am going to get through this.
80. I'm choosing to have an amazing day.
81. I am in control of my emotions.
82. My possibilities are endless.
83. I am calm and relaxed.
84. I am working on myself.
85. I'm prepared to succeed.
86. I am beautiful inside and out.
87. Everything is fine.
88. My voice matters.
89. I accept myself for who I am.
90. I am building my future.
91. I choose to think positively.
92. My happiness is up to me.
93. I'm starting a new chapter today.
94. I trust in my decisions.
95. I can change the world.
96. I am smart.
97. I choose my own attitude.
98. I am important.
99. I am becoming the best version of myself.
100. Today I will spread positivity.
101. The more I let it go, the better I will feel.

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ACTIVITY RECAP

Discovery Questions: [Follow the Experience Learning Cycle model]

- What was it like writing positive things about yourself? Was it hard or easy for you?
- Why do you think positive thinking is so important? How did reading the affirmations make you feel?
- Knowing what you know now, would you do differently next time? What could you do to boost someone else's self-confidence?
- With a parent/guardian's permission, share with us what you think of the Strong, Smart, and Bold Card game on our Instagram page with the tag @girlsincindy.

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