

Writing Strong Affirmations

1. Think about the value word your group is assigned.
2. What will your group do more of, when you are all practicing this value in the same way?
3. What problems or challenges will go away when you are all practicing this value?
4. Brainstorm affirmations using the following sentence prompts, or write your own.

We believe that _____

It is important to us that _____

We feel grateful when _____

It makes us confident when _____

We are determined to _____

We promise to _____

We are learning to _____

When we _____ we will
(DO SOMETHING THAT IS HARD)

(GET SOMETHING THAT IS AWESOME)

We will not _____ so that we can
(SOMETHING THAT IS HURTING THE GROUP)

(SOMETHING THAT THE GROUP WANTS)

We are totally at peace when _____

Writing Strong Affirmations Sample

1. Think about the value word your group is assigned.
 - Love *for example*
2. What will your group do more of, when you are all practicing this value in the same way?
 - We will support each other when someone makes a mistake
 - We will be friendly to everyone
 - We will share and take turns
 - We will resolve conflicts peacefully
3. What problems or challenges will go away when you are all practicing this value?
 - We won't yell or argue when we disagree
 - We won't tell secrets about each other
 - We won't leave anyone out
4. Brainstorm affirmations using the following sentence prompts, or write your own.

We believe that **everyone in this group is important and valuable.**

It is important to us that **we are all included**

We feel grateful when **when there's enough time for everyone to say what they need to**

It makes us confident when **when no one is left out**

We are determined to **resolve conflicts peacefully**

We promise to **be loving**

We are learning to **compromise and share**

When we **stop spreading gossip** we will

(DO SOMETHING THAT IS HARD)

all stop worrying that people are talking about us

(GET SOMETHING THAT IS AWESOME)

We will not **stay silent if we see someone bullying someone else** so that we can

(SOMETHING THAT IS HURTING THE GROUP)

all learn to get along

(SOMETHING THAT THE GROUP WANTS)

We are totally at peace when **we are nice to each other**