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 _____________________________ (DO SOMETHING THAT IS HARD) we will _____________________________ (GET SOMETHING THAT IS AWESOME).
We will not _____________________________ (SOMETHING THAT IS HURTING THE GROUP) so that we can _____________________________ (SOMETHING THAT THE GROUP WANTS).
We are totally at peace when _____________________________.

AFFIRMATIONS:
WRITING STRONG AFFIRMATIONS, PAGE 1
BUILDING INTENTIONAL COMMUNITIES © 2015 BE THE CHANGE CONSULTING
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 get something that is awesome.

all stop worrying that people are talking about us.

(SOMETHING THAT IS HARD)

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.