



Self-Affirmation

Take turns going around the group and completing the following sentences:

My full name is ...

I have ... (two things you like about your appearance)

I take care of myself by ... (one thing you do that is healthy)

I am very good at ... (two things in which you excel)

I contribute to a caring relationship by ...
(one thing you do to maintain a good friendship)

When each person is finished sharing their answers about themselves, the rest of the group should stand up and give them a standing ovation.