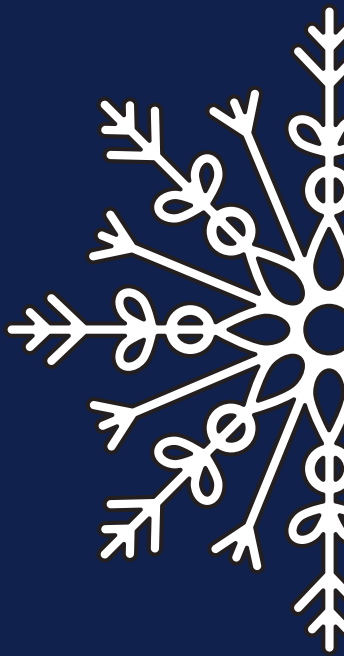




WELCOME BACK CARLS!

Take what you
need affirmations

THE WEEK ONE NOOK ACTIVITY IS HERE!

Tear off a message for an
inspirational reminder for the
week. Place the message
somewhere you will see
frequently.



What are positive affirmations?

Positive phrases or statements used to challenge negative or unhelpful thoughts



What are the benefits of positive affirmations?

Decrease stress, helps us navigate challenges, and supports our resiliency



Read on to learn how to maximize your affirmations:

- **Focus on affirming your values**
- **Focus on effort, rather than perfection**
- **Practice affirmations when you are feeling good and also when you are feeling down**
 - **Practicing when you are feeling good helps strengthen these beliefs**
- **Develop a daily routine of self-affirmation**

I'm allowed to take up space.

I deserve to feel joy.

I'm allowed to take time to heal.

My needs and wants are
important.

Negative thoughts only have the
power I allow them.

I allow myself to be who I am
without judgment.

I give myself permission to do
what is right for me.

I give myself space to grow and
learn.





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Sayles 162!



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Sayles 162!



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Sayles 162!



TAKE WHAT YOU NEED AFFIRMATIONS



THEME: TAKE PRIDE

I'm doing my best and that is enough.

I choose to be proud of myself.

My contributions to the world are valuable.

I make a significant difference in the lives of people around me.

I am courageous and I stand up for myself.

I love the person that I am and the person I am becoming.

I feel proud of myself when I _____.

I allow myself to love who I am, not who I think I should be.



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I let go of what I cannot change.

I release the past and live fully in
the present moment.

I am not less for making mistakes.
I am more because I can learn
from them.

My past is not a reflection of my
future.

I am a constant work in progress.

It's ok to not be ok. I allow myself
to feel whatever I need to.

I accept my fears and doubts, and
try anyways.

The only approval I need is my
own.





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TAKE WHAT YOU NEED AFFIRMATIONS THEME: CARE FOR YOURSELF



- | |
|--|
| I deserve to set boundaries and have them be respected. |
| I'm in charge of my life and no one will dictate my path besides me. |
| I deserve to stand up for myself. |
| I give myself the care and attention that I deserve. |
| Asking for help is a gift I give myself and others. |
| My body tells me what it needs, and I am willing to listen. |
| I choose to trust and accept the love I am given. |
| I am strong enough to make my own decisions. |



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TAKE WHAT YOU NEED AFFIRMATIONS



THEME: QUOTES

"Because you are alive, everything is possible."

-Thích Nhất Hạnh

"How do we divest ourselves from the need to make ourselves extraordinary?" - Kathleen

Collins

"No one can make you feel inferior without your consent."

- Eleanor Roosevelt

When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid. - Audre Lorde

However bad life may seem, there is always something you can do, and succeed at. While there's life, there is hope." - Stephen Hawking

"We all have different gifts, so we all have different ways of saying to the world who we are." - Fred Rogers

"Find out who you are and do it on purpose." - Dolly Parton

"Self love and forgiveness is a liberation." -

Lailah Gifty Akita



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