

# AFFIRMATION JAR

Let's enhance our self-esteem and foster self-expression through the use of positive affirmations and positive self-talk.

You will need:

- one jar
- some pens or pencil crayons
- some paper.

## WHAT ARE POSITIVE AFFIRMATIONS?

Positive affirmations are positive “I am” statements that are used to challenge negative or unhelpful thoughts, such as “I am kind” or “I am smart.” Just like we do repetitive exercises to improve our physical health, affirmations are exercises for our mind and outlook. These positive mental repetitions can reprogram our thinking patterns so that, over time, we begin to think and act differently.

Practicing positive affirmations can be extremely simple, and all you need to do is pick a phrase and repeat it to yourself. You may choose to use a positive affirmation to motivate yourself, encourage positive changes in your life or boost your self-esteem!

## HOW IT WORKS

1. Think about what positive affirmations are and why positive self-talk is important. Remember that affirmations could even be neutral, such as “it is going to be okay.” Those are great to be placed in the jar on days when you don't feel great..
2. Every day for a week, write down a positive or neutral affirmation on a piece of paper and place it in the jar.
3. Read each of the positive or neutral affirmations at the end of the week.
4. Debrief at the end of the week. Talk to someone you trust about how reading your positive or neutral affirmations affected you.



*Thrival Kits™ is a partnership between the Manitoba Advocate for Children and Youth and the Canadian Mental Health Association (Manitoba-Winnipeg). For more information, visit [thrivalkits.ca](http://thrivalkits.ca).*