

# Affirm Your Worth - Self-Acceptance

## EXPLANATION:

Self-acceptance involves embracing who you are, without any qualifications, conditions, or exceptions. This activity explores positive affirmations. Affirmations help train minds to avoid over-focusing on the negative and instead embrace the good, valuable, and positive!

**GRADE LEVELS:** 11–12

**STUDENT GROUPING:** Individual research and group sharing

**ACTIVITY LENGTH:** 60 minutes approx.

## CASEL CORE COMPETENCY: *SELF-MANAGEMENT*

- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- You can learn more about the CASEL framework [here](#)

## SCOPE OF TASK:

Well-being is heightened when people affirm their present worth, understand their strengths and weaknesses, and realize their potential!

Affirmations are short, powerful statements that can be used to declare positive thoughts, reminding people of their worth and potential. Research suggests that they are particularly beneficial for people with low self-esteem, depression, and self-image or body issues.

1. Ask the group of students what positive affirmations are. If no one is sure, ask students to search online for descriptions of what affirmations are, their purpose, and their benefits. Make sure to provide guidelines about appropriate Internet usage in the school context.

**Points to highlight:** Affirmations help individuals maintain an optimistic, yet realistic, perspective about their abilities; can challenge self-sabotaging and negative thoughts; and assist in creating healthy thinking patterns. Perhaps unpack one particular affirmation with the class as an example.

2. Discuss with students why positive affirmations might be useful: they can increase positive emotions, self-worth, autonomy, and self-esteem. Strong self-acceptance also decreases self-critique, fear of failure, depressive symptoms, and an overwhelming need for approval.
3. Tell the students that their task today is to develop their own positive affirmation that is specific to themselves. There are many websites and images of positive affirmations, so students can research types and styles of affirmations. Students might take ideas from online sources, but what they write and how they illustrate their affirmation should be consistent with their needs and style. Examples of positive affirmations include: “I am generous and kind” and “I see every failure as an opportunity to learn.”

### Hints that can help keep affirmations positive:

- Write affirmations in the present tense.
  - Keep affirmations short and to the point.
  - Own your affirmations.
4. Depending on the group dynamics, positive affirmations can be shared with the whole group, and each student can share insight into why they have chosen their affirmation. Students can also share one-on-one with a friend, or they can keep their affirmations private.



**Remind students that affirmations are like exercises for our mind and outlook. We have to consistently tell ourselves positive mental repetitions to create thinking patterns!**

## RESOURCES:

- Different affirmations can be found on a range of Internet sites.