



I Love That I...

A personal affirmation activity

TIME

10-20 minutes



TEAM STAGE

Forming, Norming

MATERIALS

Paper, writing utensils

SUMMARY

This activity allows group members to think of positive affirmations individually while also sharing with their peers.

SET UP

- Give everyone a piece of paper and a writing utensil.
- If desired, prepare an example poster of the chart.

INSTRUCTIONS

- Have participants create a chart by dividing their paper into three sections. Then, have them fill in each section of the chart by answering the following prompts about themselves:
 - I Love That I Can...
 - I Love That I Am...
 - I Love That I Have...
- Give participants five to seven minutes to complete their charts. Then, have participants find a partner to share what they wrote.
- Prompt participants to switch partner pairs every few minutes.
- At the end, ask for a few participants to share something they learned or a takeaway from their experience talking to others in the room.

I Love That I Can...	I Love That I Am...	I Love That I Have...
- be myself at school	- positive	- good health
- cook	- creative	- supportive friends
- make an impact	- a change-maker	- an education
- share my ideas	- an older brother	- a moral compass
	- an advocate for others	- a fun job

VARIATIONS

-  **Small Group:** To facilitate this activity for a small group, have each participant share their chart with the whole group instead of sharing in pairs.
-  **Online:** To facilitate this activity virtually, have participants write their charts individually on a piece of paper or use a shared document that everyone can contribute to. Then, use several rounds of breakout rooms for participants to share with one another. [\[click here for video\]](#)
-  **Asynchronous:** To facilitate this activity asynchronously, have participants create their charts on a shared document. Allow participants to complete their chart on their own time by a specified date. Then, allow participants to look through the document on their own time to see everyone else's charts.



DEBRIEF QUESTIONS

- What:
 - How did you decide what to write down about yourself?
 - How did it feel to write affirmations for yourself?
- So What:
 - Why is it important to take the time to affirm yourself?
 - What is the significance of sharing your self-affirmations with your peers?
- Now What:
 - How can you continue to affirm yourself throughout the year?
 - What can we do to make time for personal and group affirmations?

■ **Facilitator Note:** These questions can be used to guide your debrief, however, pick the questions that best match your group's experience and add or change questions as needed.