

Challenge SELF- AFFIRMATIONS



STEP 1: PICK TWO OF EACH

Take a look at the lists and pick two qualities and two values that you strongly identify with. Of course you may also think of other qualities and values that are not in the list.



STEP 2: WRITE A SHORT ESSAY

Write about how these qualities and values have helped you persevere, succeed or get you through hard times in the past.



STEP 3: CREATE A DAILY MANTRA

Pick one quality or value you identify with the most and create a mantra such as: "I am an excellent teamplayer and that makes me worthy." Write it on a post-it and stick it somewhere where you will be reminded of it every day. Even incorporate this mantra in your daily life such as repeating the mantra every time you go to the toilet.



STEP 4: CREATE A FIRST-AID MANTRA

Pick one quality or value that gives you the strongest self-confidence boost when you really need it and create a first-aid mantra by completing the following sentence: "If I feel sad, threatened or anxious, then I will think about [insert your own quality or value]."

QUALITIES

APPRECIATION OF BEAUTY
AND EXCELLENCE

BRAVERY

CREATIVITY

CURIOSITY

FAIRNESS

FORGIVENESS

GRATITUDE

HONESTY

HOPE

HUMILITY

HUMOR

JUDGMENT

KINDNESS

LEADERSHIP

LOVE

LOVE OF LEARNING

PERSEVERANCE

PERSPECTIVE

PRUDENCE

SELF REGULATION

SOCIAL INTELLIGENCE

SPIRITUALITY

TEAMWORK

ZEST

VALUES



SOCIAL:
helping people



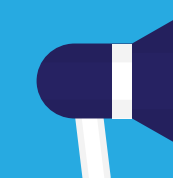
THEORETICAL:
search for truth



ECONOMIC:
pragmatic



AESTHETIC:
artistic



POLITICAL:
power & influence



RELIGIOUS:
harmony

