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
- BRAVERY
- CREATIVITY
- 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