



AFFIRMATIONS CHALLENGE

Read the following two articles from Psychology Today on affirmations.

1. [To affirm or not to affirm?](#)
2. [5 Steps to Make Affirmations Work for You](#)

Discuss the following:

- Have you ever used affirmations before?
- Do you think affirmations really work?
- Do you think affirmations impact your actions? This is similar to the previous question but if you haven't mentioned this, it will give you more to discuss.
- You can create an affirmation about being in class or a class that you struggle with and see if it helps you to change your attitude and performance.