



TERMS OF USE



This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

Thank you for abiding by copyright law.



www.elsa-support.co.uk





Other resources you will LOVE!



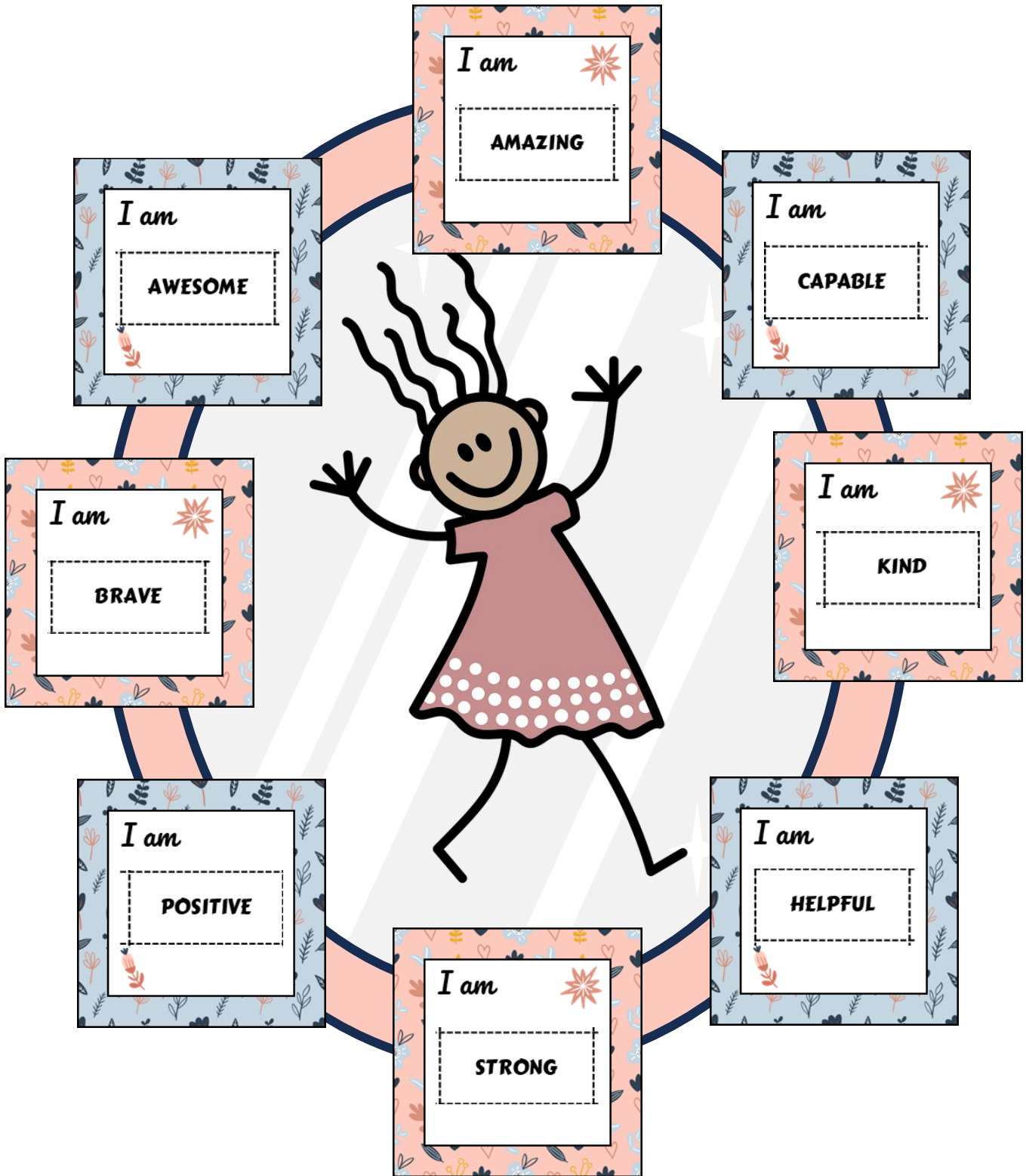
Please click the image to take you to this related and relevant resource:



www.elsa-support.co.uk

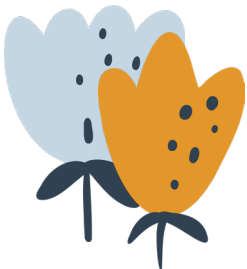
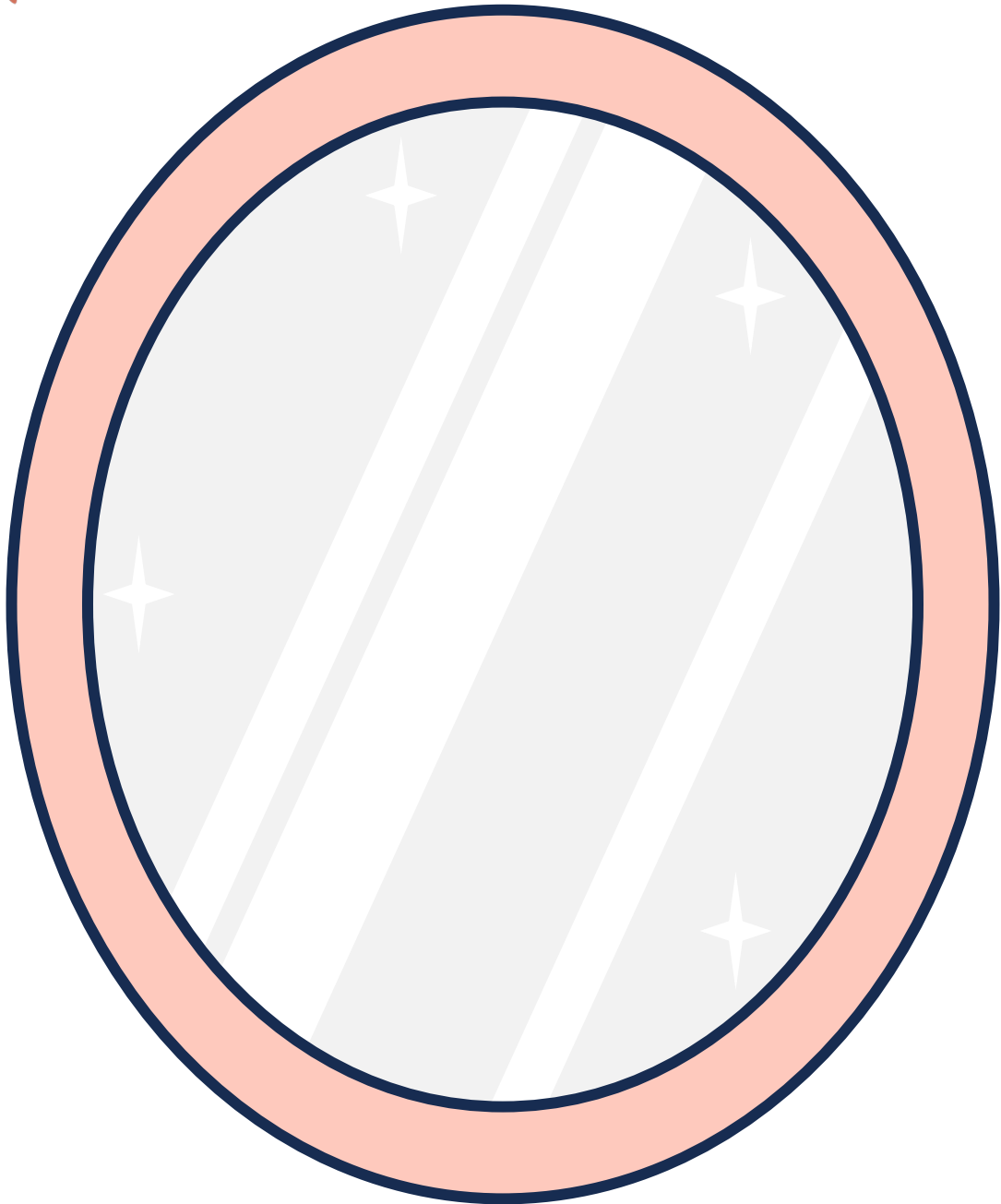
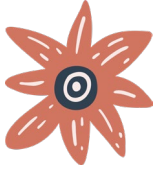


EXAMPLE



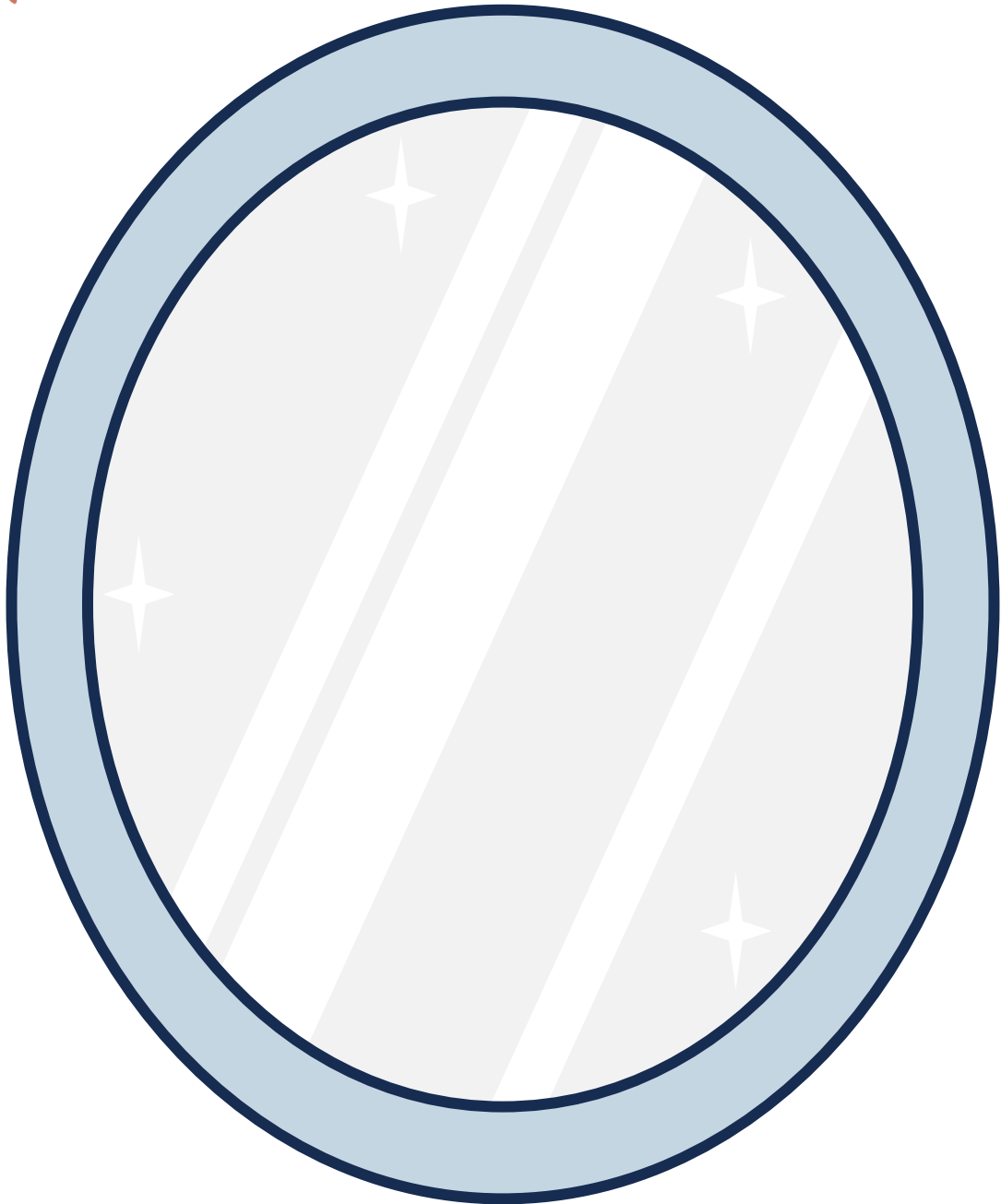
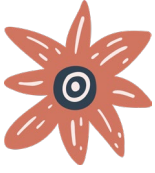
My Affirmation Station

Draw a picture of you in the mirror and then add your affirmations



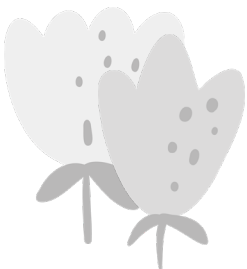
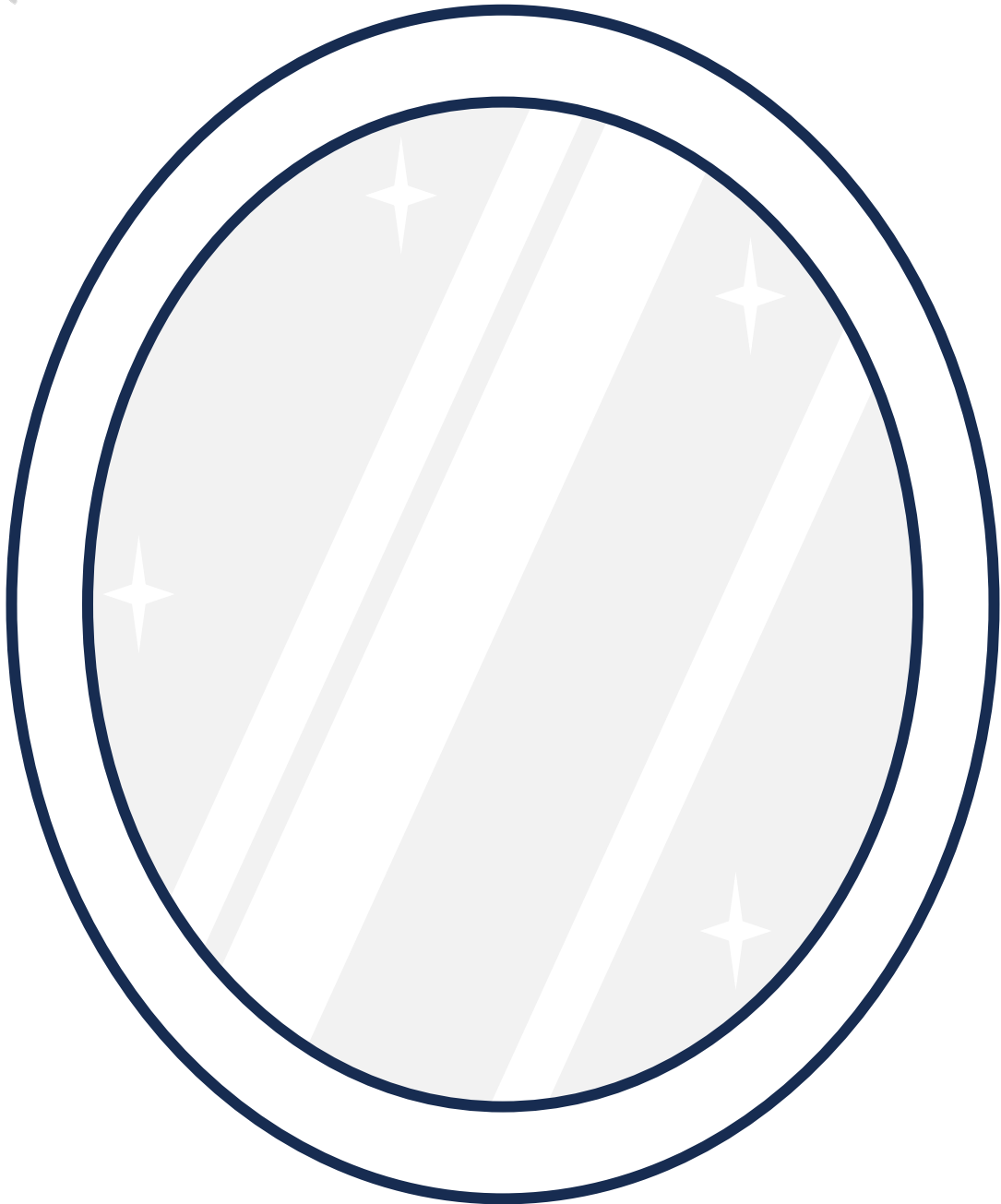
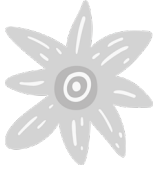
My Affirmation Station

Draw a picture of you in the mirror and then add your affirmations



My Affirmation Station


Draw a picture of you in the mirror and then add your affirmations




Affirmation station cards




I am


 I am

 I am


I am




I am




I am



 I am

I am




Cut out the words and stick them to the cards. Cut out the cards and stick them around your mirror. You could also write your own if you want to.



HONEST	CARING	LOVING	RELIABLE	LOYAL	BRAVE	KIND
HELPFUL	STRONG	CREATIVE	SMART	VALUED	SPECIAL	WORTHY
CAPABLE	POSITIVE	FRIENDLY	UNIQUE	PATIENT	CURIOUS	SOCIABLE
BUSY	GENTLE	WARM	CHEERFUL	FORGIVING	RESILIENT	GRATEFUL
DECISIVE	FOCUSED	SINCERE	GENUINE	DARING	ASSERTIVE	CALM
ARTY	SPORTY	AWESOME	AMAZING	INSPIRING	PROUD	CONFIDENT

Affirmation station cards



<div>I am</div>	<div>I am</div>	<div>I am</div>	<div>I am</div>
<div>I am</div>	<div></div>	<div>I am</div>	<div>I am</div>

Cut out the words and stick them to the cards. Cut out the cards and stick them around your mirror. You could also write your own if you want to.



HONEST	CARING	LOVING	RELIABLE	LOYAL	BRAVE	KIND
HELPFUL	STRONG	CREATIVE	SMART	VALUED	SPECIAL	WORTHY
CAPABLE	POSITIVE	FRIENDLY	UNIQUE	PATIENT	CURIOUS	SOCIABLE
BUSY	GENTLE	WARM	CHEERFUL	FORGIVING	RESILIENT	GRATEFUL
DECISIVE	FOCUSED	SINCERE	GENUINE	DARING	ASSERTIVE	CALM
ARTY	SPORTY	AWESOME	AMAZING	INSPIRING	PROUD	CONFIDENT