

Our next session starts soon.

This month's workshop topic highlights.....

CODE OF HONOR

Hope

I believe that both I and the world around me can get better. I have hope and I wish to be what others have hoped for. I may not be around to see the impact of my promises, but I have faith that my actions were needed then and that they are needed now. I believe in the impact of a single individual. I have hope that others can believe the same.



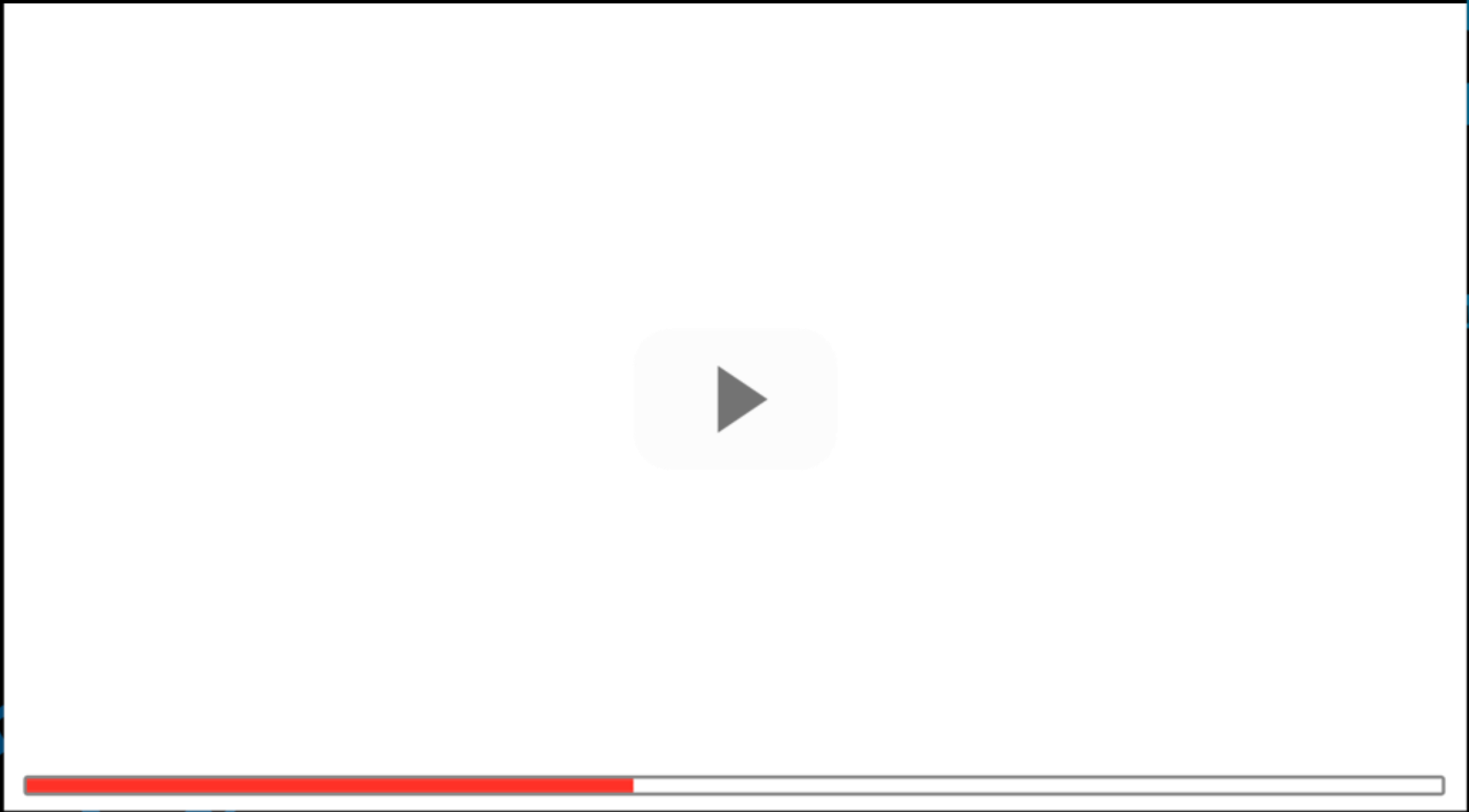
because
I said
I would.



Limiting Beliefs

Chapter Video Discussion

because
I said
I would.



The Power of Affirmations

Together we will explore the concept of positive affirmations and encourage each other to use them to challenge and overcome limiting beliefs.

What is an **affirmation**?

An **affirmation** is positive statements that help reframe negative thoughts and beliefs into empowering and constructive ones.

because
I said
I would.

Examples of affirmations include.....

- I am capable of overcoming challenges
- I believe in myself and my abilities
- I am worthy of success and happiness

because
I said
I would.

Activity Instructions

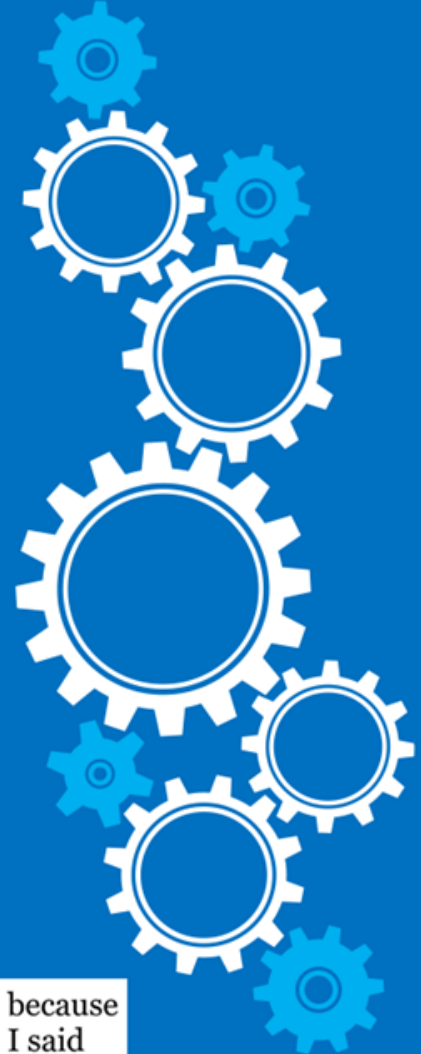
- Please take a few minutes to identify one limiting belief you struggle with and think about a positive affirmation that could counter that belief
- Write down your affirmation and the identified limiting belief on a piece of paper to share
- Divide into groups of 3-5 people and share the limiting belief you have identified and the positive affirmation you have chosen



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Group Discussions

- While in your groups discussing your affirmations do the following:
- **Practice affirmations:** Speak your affirmation aloud. Remember it is important to speak affirmations with conviction and belief
- **Encourage one another:** Provide positive feedback to one another and support for each other



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Share your answer

- Would anyone like to share their limiting belief and the affirmation you developed to combat it?
- What are ways we can integrate our affirmations into our daily lives? What ideas do you have? Post it notes, phone reminders etc.?



The way we speak to ourselves and the beliefs we hold can impact us in many ways. It is important that we are aware of the different types of limiting beliefs we hold and remember how we can combat them.

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Amplify Assignment

Challenging Limiting Beliefs

In today's lesson we learned about negative self-talk and the limiting beliefs we hold about ourselves. While everyone experiences these thoughts from time to time, it is important that we recognize them and adjust our self-talk and beliefs. This takes mindfulness and practice.

To continue your work on battling negative self-talk and limiting beliefs, we have provided an additional handout students can complete that helps them reflect on the video and identify their own limiting beliefs while exploring ways to combat them alongside a partner (friend, family etc.)