

# Create Affirmations to Check in with Ellen Porteus

Affirmations can be helpful in changing negative thought patterns. This activity allows you to create a single affirmation or a set of positive affirmations.

## Materials

- Paper A4 or A3
- BIC Intensity Pencils, Markers and BIC Intensity Dual Tip Felt Pens (for colouring in and lettering)
- Grey lead pencil

**TIP — When working with colours, scribble your selections next to each other on a spare piece of paper. That way you can see how they look together, before starting.**

## Step 1

Print out the templates onto any kind of paper you like. Remember if you use white or lighter coloured paper, your markers and pencils will show up more vibrantly. The templates are designed to give you space around the central image.

## Step 2

There are three different affirmation pages you can create – *Growing, Strong, and Thankful*. Choose which affirmation you're drawn to, or you can create them all!

## Step 3

Now you've got your chosen affirmation, it's time to colour in!

A good place to start is by picking out your colours. You can explore different colour schemes and a combination of pencils, pens, and markers. Scribble the colours next to each other on a spare piece of paper and considering how they look together, before deciding on a final selection.

Once you've chosen your colours, go ahead and colour in the central image on your page, any way you like.

Feel free to add in additional patterns, drawings, and embellishments you would like to. Let yourself enjoy the process!

## Step 4

Once you have finished colouring, think about the affirmation you have chosen. Consider how the word applies to you and how you might use it to affirm yourself.

## Step 5

Jot down some ideas of phrases that incorporate your chosen affirmation. For example. "I am always *growing*", "I am *strong* and capable" and "I have so much to be *thankful* for".

## Step 6

When you have some phrases that resonate with you, on another piece of paper, practice writing them out with your BIC Intensity Pencils, Markers or Dual Tip Felt Pens. Explore the different ways you could write your phrases.

Once you are happy with your lettering, use your grey lead pencil to write the phrases around your affirmation template. Use your Pencils, Markers or BIC Intensity Dual Tip Felt Pens to finish off the phrases.

Your affirmations are now ready! You can stick them up around your home, study, or office or any place where you will see them regularly.





