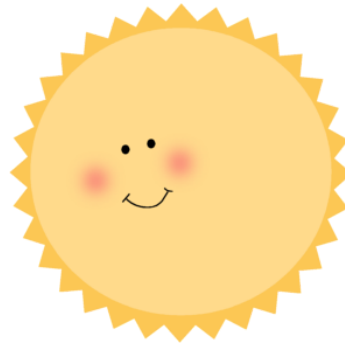


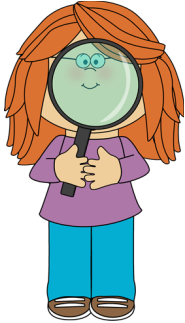
I AM SO LOVED.



SUN SHINES ON ME.



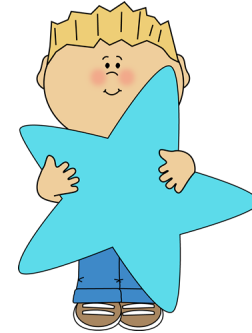
I AM SO CALM.



I AM FOCUSED.



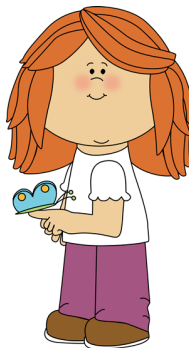
I AM JOYFUL.



I AM AWESOME!



I AM SO BRAVE.



I AM AT PEACE.

I AM _____.

FINGER TOUCH AFFIRMATIONS

AFFIRMATIONS ARE KIND AND POSITIVE STATEMENTS THAT WE CAN SEND TO OURSELVES. THEY CAN HELP US CULTIVATE POSITIVE EMOTIONS, SHIFT OUR MINDSETS WHEN WE ARE STUCK ON DIFFICULT THINGS AND CAN BE CALMING WHEN WE FEEL WORRIED OR ANXIOUS.

DIRECTIONS:

CHOOSE A POSITIVE, KIND 4 SYLLABLE OR 4 WORD PHRASE TO REPEAT "MAY I BE CALM" "MAY I BE PEACE" OR "I AM SO CALM" "I AM PEACEFUL"

CHOOSE YOUR OWN PHRASE, OR USE ONE OF THE AFFIRMATION CARDS THAT FEEL LIKE A MATCH FOR YOU.

BREATHE IN. AS YOU BREATHE, SAY THE FIRST WORD OF THE PHRASE, TOUCH YOUR INDEX FINGER TO YOUR THUMB, THEN MOVING ON TO THE MIDDLE FINGER TOUCHING THE THUMB AS YOU SAY THE SECOND WORD AND SO ON, UNTIL YOU REACH YOUR PINKIE FINGER.

WORK TO PACE THE TOUCHES EVENLY WITH THE PACING OF YOUR WORDS

REPEAT SEVERAL TIMES.

IMAGES FROM [HTTPS://WWW.MYCUTEGRAPHICS.COM](https://www.mycutegraphics.com).