

AFFIRMATION POSTERS

Time	10 minutes to introduce and decorate 20+ minutes to write on each poster, over breaks or in session
Materials	Large drawing, scrapbook, or construction paper for each participant. Crayons, pastels, or colored pencils and pens to share. Optional: an example of an affirmation poster with the affirmation name
Steps	Now we will introduce Affirmation Posters. ● Draw and decorate your affirmation name on the paper leaving most of the space for others to write affirming messages to you. You may show an example. ● On breaks or during a session, invite everyone to write an affirmation on each others' posters, signing your own affirmation name. ○ Option 1: If during a session, in a circle everyone passes their Affirmation Poster to their right for the next person to sign and pass on until all the posters go all the way around the circle. ○ Option 2: If using a break, set the posters on a table and remind people to write on the breaks and check that you have signed each one. ● Distribute the posters in the last session during graduation or at closing. Let people read their posters and enjoy! Some teams ask each person to say their name and read one affirmation that is meaningful to them and why.
Variations	Be open to cultural variations and adaptations for various people, groups, or settings. ● Make notes of variations here:

Daily Practices Commit to a practice – for a few days or weeks – until it feels natural or becomes a habit. Record results of experimenting with being guided by Transforming Power in a journal.

- **Give one person one specific, concrete affirmation.** Do this daily or on a regular basis until you become good at noticing others' unique characteristics, genuine strengths, and gifts and learn to say them out loud.
- **Write a letter to someone** describing how you see their unique characteristics, genuine strengths, and gifts.
- **Ask someone** to assist you in a way that relies on their unique characteristics, strengths, or gifts.

Justice & Peace Applications Learn from experiences of applying this in justice and peace work.

- **Noticing and naming** what each person does that makes things go well balances the opposition and resistance to injustice and harm to create loving, conscientious, resilient communities and society.
- **Add your own stories here:**