

NAME _____ PERIOD _____

DATE _____

AFFIRMATION POSTER GUIDE

- ☐ SIMPLE. No more than 12 words
- ☐ SPECIFIC. Present Tense ("I am"... not "I will")
- ☐ POSITIVE. Avoid negatives. (not, can't, won't, don't, etc.)
- ☐ REAL. Backed by a real momen/experience/feeling.
- ☐ Write at least five from which to choose the most motivating one for your poster.

I AM _____ .

I HAVE _____ .

I CAN _____ .

_____ .

_____ .

_____ .

_____ .