



WEEK 4 - ACTIVITY 3

Affirmation Phrases

Audio Transcript

Positive affirmations are the things we say to others out of genuine gratitude that build them up and enhance their strength and sense of well-being. Positive affirmations empower others to risk and take chances and to be and do their very best. These affirmations can help you build trusting relationships. Consider writing down genuine affirmations for 5 people in your life. You can use the list of adjectives provided in the PDF.

MARY KAY