



## 1, 2, 3 . . . What I Love About Me

I am . . . I love . . . I know . . .

**Goal:** Write characteristics you appreciate about yourself. Then, express what you wrote down with those you love! Afterwards, look around and write down what you notice about your family and how it differs from yourself.

**[Tip]:** You can pause to help your child, or children, notice special features about themselves and write it down

**Why is this important?** Affirmations have been shown to create a positive impact on stress responses by helping your mind redirect from self criticism and offer kind perspectives about yourself.

**References:** Sherman, D. K. (2013). Self-affirmation: Understanding the effects. *Social and Personality Psychology Compass*, 7(11), 834–845. <https://doi-org.uwinnipeg.idm.oclc.org/10.1111/spc3.12072>