

# Values and Strengths Affirmation

## Purpose

To bolster a sense of belonging and alleviate stress.

## Directions

1. Set aside about 10 minutes.
2. Begin by affirming your values.

### Values affirmation

Someone's values drive their actions. If you value kindness, you avoid negativity with people and, instead, help them. Values might include *integrity, kindness, cooperation, happiness, justice*, etc.

- What values are most important to you?
- List your most important values in the left column. In the right-hand column, explain why you selected each value.

What you value	Why you value this

3. Next, affirm your strengths.

### Strengths affirmation

- What are your strengths? Strengths might include *attention to detail, enthusiasm, communication skills, self-discipline, leadership abilities*, etc.
- Consider what your best friend or most trusted loved one would say are your strongest qualities.
- List your strengths in the left column. In the right-hand column, explain how you could use this strength more in your daily life.

Strength	How you could use it in your daily life more often