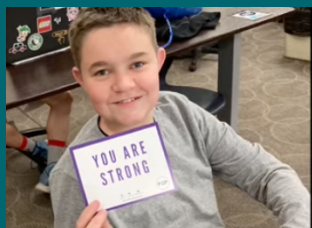


# SELF LOVE BEAUTY'S 2022 ANNUAL AFFIRMATION DAY IMPACT REPORT



On May 10, more than **14,600** people participated in Self Love Beauty's fourth Affirmation Day surpassing their goal of 10,000 people. Participants spread positive messages to friends, family, and even strangers by writing affirmations on public mirrors, sending cards, posting on social media with the help of Self Love Beauty toolkits which included affirmation day cards and pins.



More than **3,300** students received affirmation day cards at school!



## Teacher Comments:



"The best part was seeing the students create positive affirmations not only for themselves but also to help others."

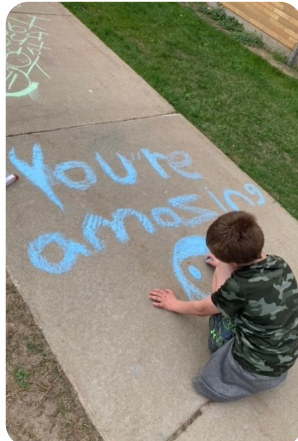
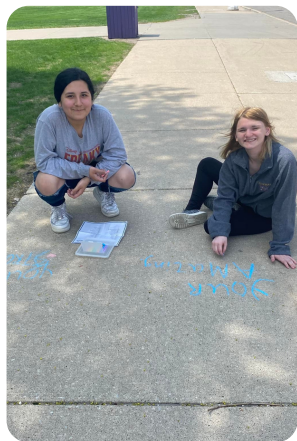
"My favorite part was seeing others reactions to the affirmation cards and how it made their day!"

"We had our GSA (an LGBTQ+ group) table right next to the affirmation table and it was awesome to see how many people wrote affirmations about the LGBTQ+ community."

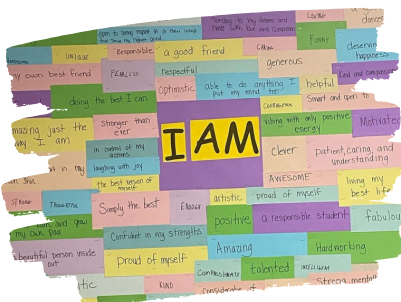
"I was able to think of way more affirmations for myself than I thought so it boosted my overall mood throughout the day."



# SELF LOVE BEAUTY'S 2022 ANNUAL AFFIRMATION DAY IMPACT REPORT



“ In one of my younger dance classes with kids ranging in age from 4 to 6 we all stood in a superhero pose and repeated positive information. We went around in a circle and each one was given the opportunity to shout out an affirmation for everyone to repeat. More than 80% of the children were confident enough to shout one out on their own! Even those who didn't come up with one on their own participated. It was a very positive experience for the class! ”



Huge thank you to our partners who made this day possible!

