



Empowering individuals today,
for a more confident tomorrow.

Self Love Beauty's

AFFIRMATION DAY TOOLKIT

Tuesday, May 9, 2023



Self Love Beauty (SLB)
is a 501(c)(3) nonprofit organization whose mission is:

**Empowering individuals today for a more
confident tomorrow.**



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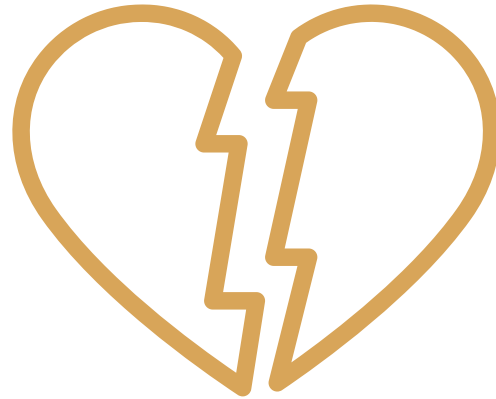
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WHY AFFIRMATION DAY?



85% of the world's population is affected by low self-esteem.

Affirmation Day is an opportunity to encourage people to increase their self-love through affirmations and grow in confidence and self-esteem.

TOGETHER, we can encourage people to increase their self-love through affirmations.

Affirmations are **positive** statements that can help all of us to **challenge** and **overcome** self-sabotaging and negative thoughts as well as **decrease** stress.

On **Tuesday, May 9, 2023**, join the movement and spread positivity to everyone you meet.

“

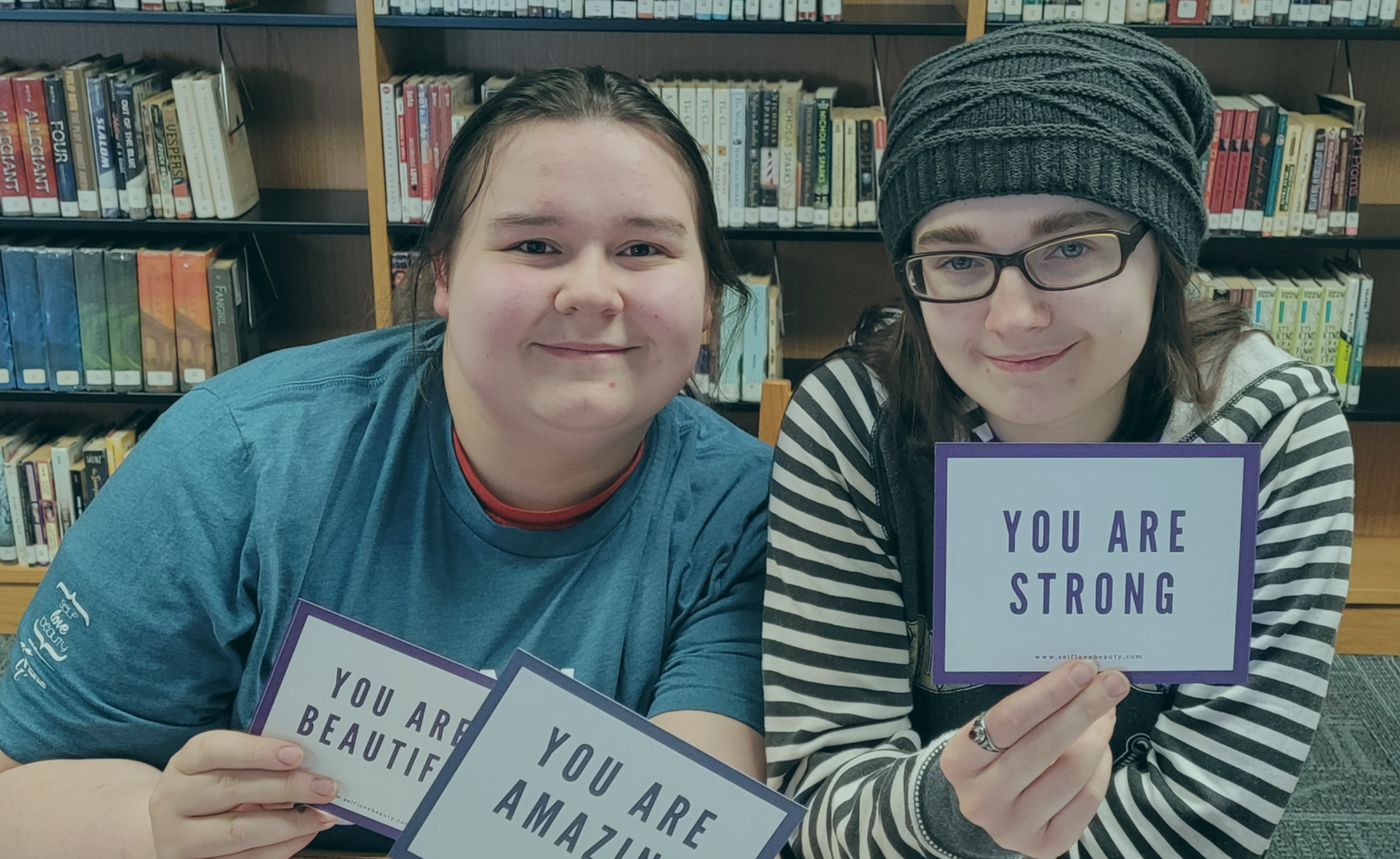
Today [my student] came home happy and in high spirits. It is a noticeable difference and I wanted to say thank you to whomever is setting everything up...The posters in the hallway, painted windows, sidewalk chalk art plus the stickers on the lockers and wall of positive notes all had this amazing energy. [my student] shared a bunch about it.

”



Practicing Positive Affirmations

- Decreases stress
- Is linked to improved academic performance
- Reduces negative thoughts
- Increases happiness and motivation
- Helps with anxiety
- Helps with growth in confidence and self-esteem



HOW CAN YOU BE PART OF THE SOLUTION?

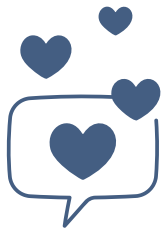
We rise by lifting others! Participate in Affirmation Day On Tuesday, May 9, 2023!



Share positive affirmations in as many ways as you can. See the next section for tons of fun ideas!



Share the 2023 Affirmation Day Toolkit with your friends, colleagues, employees, students and loved ones and encourage them to participate!



Sit back and watch love, confidence and positivity radiate through our community!



Every purchase of an Affirmation Day T-Shirt will support programs hosted by Self Love Beauty, Get your T-shirt [here](#)!



AFFIRMATION IDEAS

**I AM
BRAVE**

www.selflovebeauty.com

**I AM
WORTHY**

www.selflovebeauty.com

**I AM
AMAZING**

www.selflovebeauty.com

AFFIRMATION CARDS

- Create your own affirmation cards using paper, note cards or post its.
- Place affirmation cards/notes on the refrigerator, dressers, closet doors or anywhere around your house, school and/or office.
- An alternative idea is to send a letter to someone you love to let them know that you're thinking of them!
- Use the QR code below to order Affirmation Cards for yourself and to share!



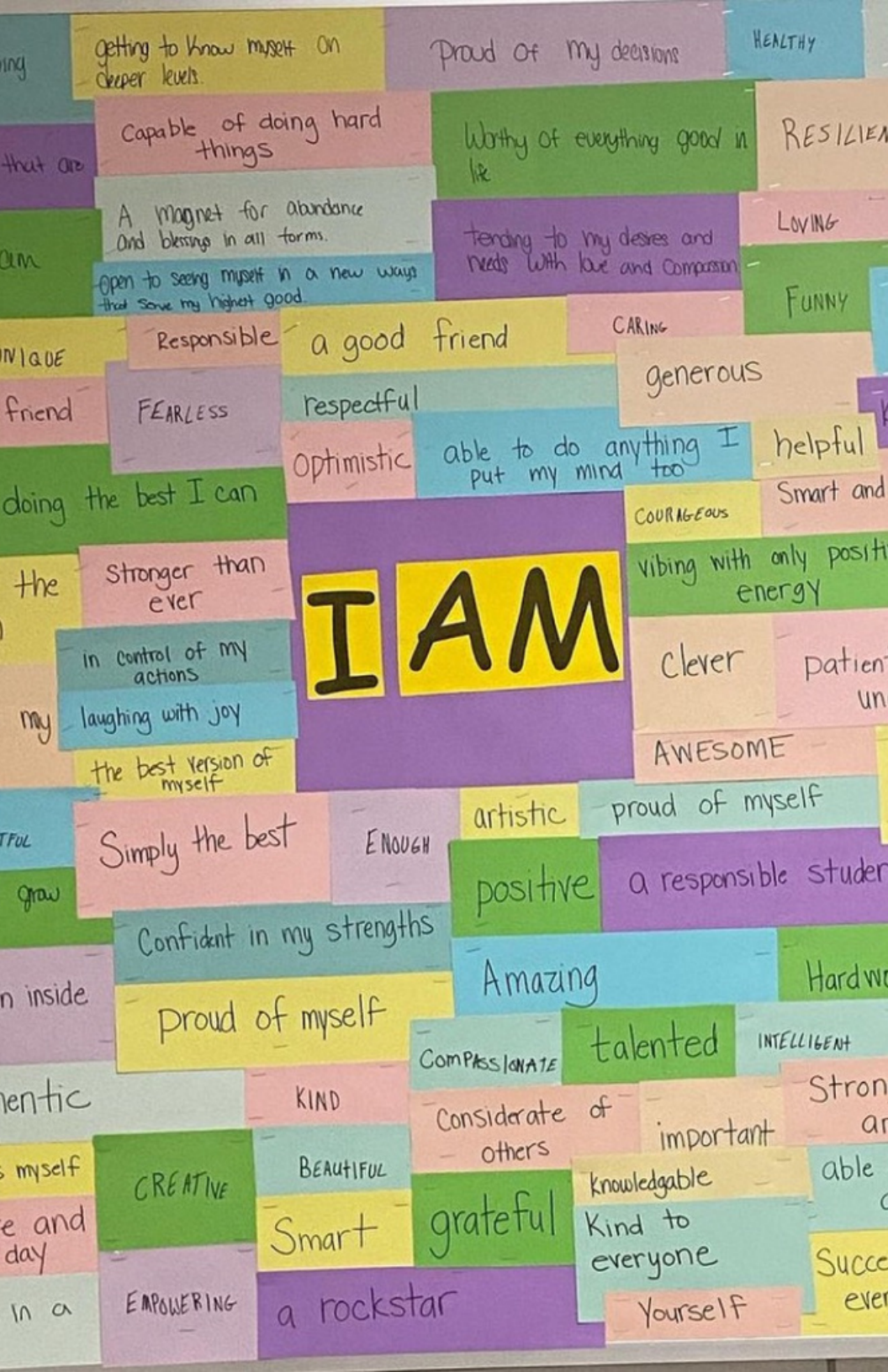


AFFIRMATION JARS

- Great for kids and can be used over and over to encourage the practice of using positive affirmations.
- Write a positive affirmation on craft sticks or slips of paper. Place the sticks or paper affirmations into a jar.
- Start each day having your child or students draw from the affirmation jar and practice incorporating an "affirmation of the day" into their daily routine.
- May also be used to help combat negative thoughts and self-doubt. Pull an affirmation anytime as needed! .

AFFIRMATION WALLS

- Use post-it notes to create positive affirmations to post on a wall in your home, business, or school for everyone to enjoy
- Great for mirrors, too! .
- BONUS: This is a fabulous way for people to show gratitude and express support for others as well!
- Alternate ideas:
 - Use dry erase markers/white boards
 - Put the affirmation in an unexpected location for an unexpected surprise!
 - Put notes on paper items used at lunch or cups for drinks



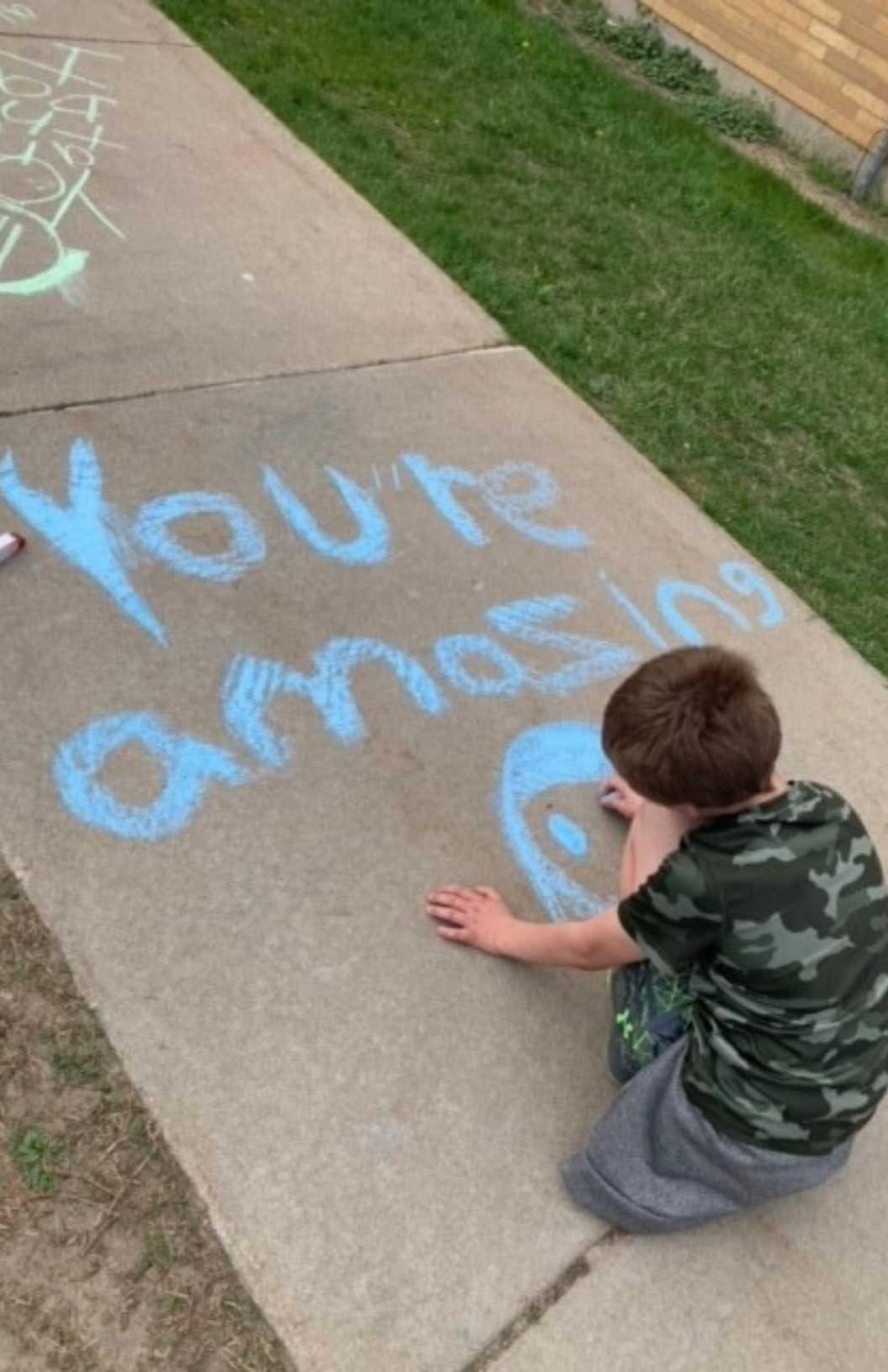


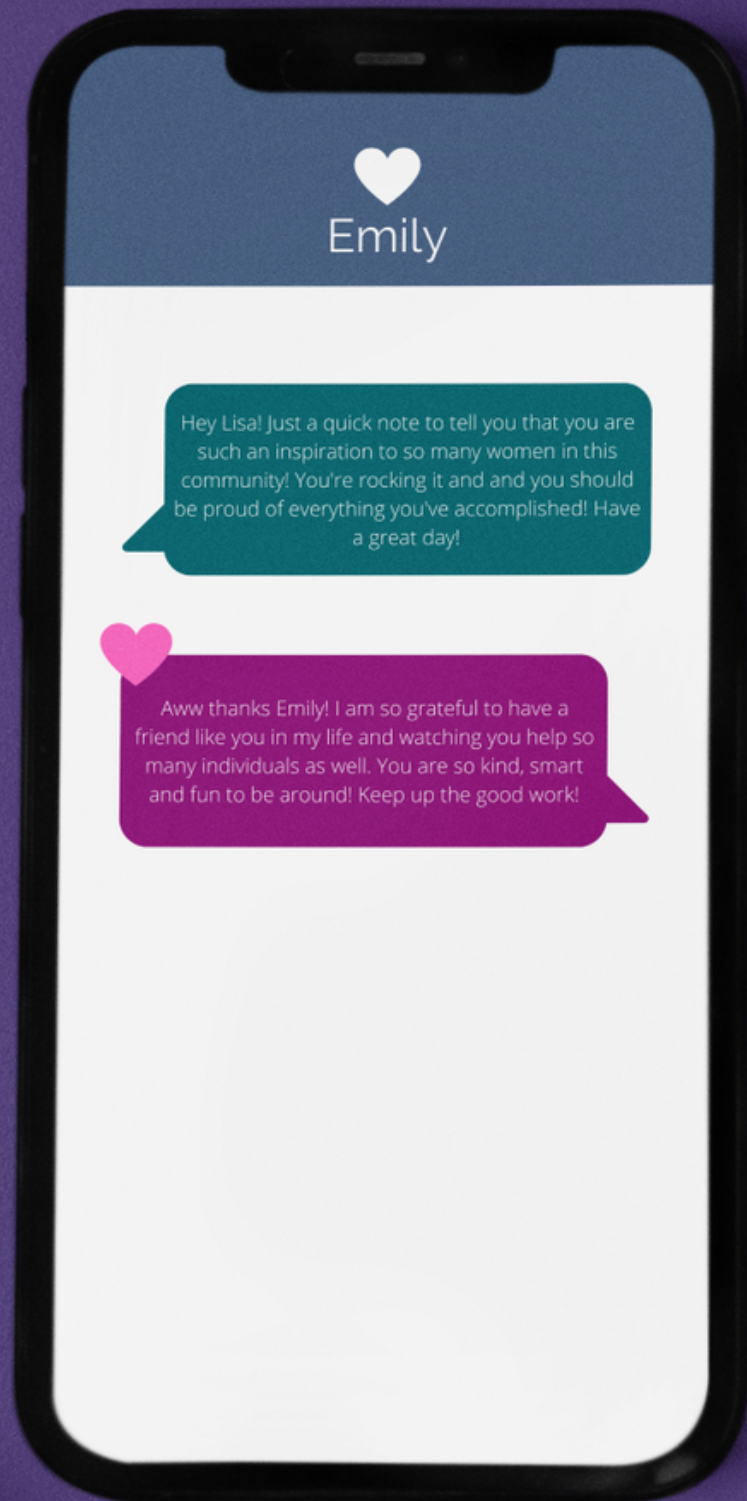
STICKY NOTE MIRRORS

- Use sticky notes to create positive affirmations to post on mirrors in your home, school, or business!
- This is a great way to not only affirm yourself, but to surprise other people and show gratitude and kindness as well!

CHALK AFFIRMATIONS

- Use washable chalk markers to write positive affirmations on bathroom mirrors, windows, or glass doors.
- Use sidewalk chalk to write positive affirmations outside in parking lots or sidewalks. Perfect for entry points into buildings!





AFFIRMATION TEXTS

- Send your family members or friends a positive affirmation text message or email out of the blue to remind them they are loved and cared for.
- Then...be intentional about reaching out to friends or family members to share positive affirmations throughout the year!



Grab coffee or a drink with a friend

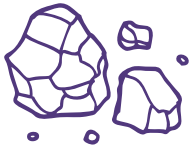
- Grabbing a simple coffee or drink with a friend is a great way to catch up!
- Surprise a friend whom you haven't had a chance to meet in a while.
- This is the perfect way to let your friends know that you're thinking of them!

Support a local business or nonprofit

- Support your favorite local business or nonprofit by donating to their cause!
- Giving doesn't always have to be monetary! Visit the organization's website to learn different ways to volunteer and get involved.
- Sharing their mission on social media is also a great way to help spread awareness!



MORE IDEAS FOR TUESDAY, MAY 9th , 2023...



Affirmation Rocks:

Paint rocks and write positive affirmations on them. Give the painted rocks to friends or drop them at various locations throughout the community. Share the positivity!



Send Affirmation Cards:

Everyone loves snail mail! Take time out of your day to send some positive notes to those you love! Visit our shop [here](#) to gift your affirmation cards.



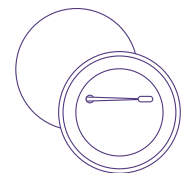
Change Your Passwords:

Change all your passwords to an affirmation so that every time you type it in, you are working on positive self-talk. (for example: lamamazing!2023)



Wear Your Affirmations:

Visit our shop **here** to gift yourself a shirt to wear with positive thoughts on it. Gift one to a friend and spread the love!



Affirmation Pins:

Visit our shop **here** to gift yourself an affirmation pin! Gift one to a friend and spread positivity!

Did you know?



It takes FIVE positive thoughts to overcome just ONE negative thought.

- Positive affirmations can help reverse the impact of self-doubt and negativity.
- Being INTENTIONAL can help us maintain consistency when practicing positivity!

NEED SOME HELP GETTING STARTED TO THINK MORE POSITIVELY? HERE'S A LIST OF AWESOME AFFIRMATIONS!

- My confidence grows when I step outside of my comfort zone
- My positive thoughts create positive feelings
- Today I will walk through my fears
- I am open and ready to learn
- Every day is a fresh start
- If I fall, I will get back up again
- I only compare myself to myself
- I can do anything
- It is enough to do my best
- I can be anything I want to be
- I accept who I am
- I can do anything I set my mind to
- I am responsible for my own happiness
- I am determined to reach my goals
- My anxiety will not get in the way of my dreams
- I will be a kind friend to everyone
- I have friends and family that always love me
- My past does not define my future
- I choose what I become
- I have the power to change my story
- I see challenges in my life as opportunities
- I will love myself and give love to everyone around me
- I choose to surround myself with positive people.
- I see the positive in every situation

PRACTICING "I AM" STATEMENTS ARE A GREAT WAY TO START AND GROW IN YOUR CONFIDENCE & SELF-ESTEEM!

- **I AM** more loving and forgiving every day.
- **I AM** proud of my decisions.
- **I AM** proud of who I am becoming.
- **I AM** worthy of everything good in life.
- **I AM** now a reflection of my highest self.
- **I AM** a magnet for abundance and blessings in all forms.
- **I AM** doing the best I can.
- **I AM** a beautiful person inside and out.
- **I AM** open to letting love flow into my experience now.
- **I AM** tending to my desires and needs with love and compassion.
- **I AM** loving myself more and more every day.
- **I AM** getting to know myself on deeper levels.
- **I AM** now seeing myself in a new, loving light.
- **I AM** open to seeing myself in new ways that serve my highest good.
- **I AM** worthy of connections that are loving, genuine and nourishing.
- **I AM** finding comfort in my own skin.
- **I AM** free to learn and grow at my own pace.
- **I AM** allowed to express myself.
- **I AM** able to tend to my needs.
- **I AM** at peace with my past.
- **I AM** surrounded by love.
- **I AM** inhaling who I am, exhaling who I am not.
- **I AM** my own best friend.
- **I AM** giving myself the love I've always needed.
- **I AM** taking my needs seriously and not feeling guilty about it.

AFFIRMATIONS CAN BE THIS SIMPLE! PRACTICING "I AM" STATEMENTS IS VERY POWERFUL!

- **I AM** CONFIDENT
- **I AM** BRAVE
- **I AM** SMART
- **I AM** KIND
- **I AM** CARING
- **I AM** LOVING
- **I AM** STRONG
- **I AM** BEAUTIFUL
- **I AM** INTELLIGENT
- **I AM** THOUGHTFUL
- **I AM** HANDSOME
- **I AM** COMPASSIONATE
- **I AM** LOVABLE
- **I AM** HAPPY
- **I AM** HEALTHY
- **I AM** FUNNY
- **I AM** CREATIVE
- **I AM** ENOUGH.
- **I AM** EMPOWERING
- **I AM** FEARLESS
- **I AM** WORTHY
- **I AM** COURAGEOUS
- **I AM** GREATFUL
- **I AM** UNIQUE
- **I AM** RESILIENT



Activities for Everyone

The habit of positive thinking should start early on!



Here are some resources for you and your young child or children to enjoy together:

VIDEO-[WHAT I AMS](#)

1

A fan favorite worth enjoying with your child over and over again. Celebrate individuality and your family's strengths by singing and dancing along to this song!

THANKFUL HEARTS-[PRINTABLE DOWNLOAD](#)

2

Revisit showing gratitude with your children. Print these hearts, fill them with those things for which you are thankful and post them throughout your home.

GRATITUDE BINGO-[PRINTABLE DOWNLOAD](#)

3

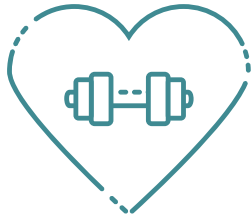
This link takes you to several activities aimed at social emotional learning for children aged 2-5.

GRATITUDE BINGO-[PRINTABLE DOWNLOAD](#)

4

This link takes you to several activities aimed at social emotional learning for children in grade 1 and 2.

Being mindful and resilient can help us be more positive and self-care is SO important. Here are ways to incorporate these practices into your daily lives:



Resiliency: Help your child learn and grow while practicing skills to overcome challenges

- [Find articles, activities, and videos for young children here.](#)

Resiliency is important for people of all ages.

- [Find articles and activities for adults and young people here.](#) (Positive Psychology, 2023)
- Expressing oneself through poetry and personal reflection can be a powerful way to develop resiliency. Find inspiration by watching this video: [Stargate Theatre!"I Am Poem"](#) (PBS Learning Media)

1

Parent Resources: You matter, too!

- Being a parent can be challenging.. It is important to know where to get support.
- [25 Simple Self-care Tools for Parents](#) (Psychology Today, 2017)
- [15 Self-care Strategies for Parents](#) (Verywell Family, 2023)

2

Mindfulness:

- Teach mindfulness to your young children and teens. [Find activities to practice mindfulness here.](#) (Positive Psychology, 2017)
- Make mindfulness a family priority. [Click here to find six things you can do as a family.](#) (Parents, M. Davids Landau, 2020)

Social Emotional Learning can help students to be more self-aware, develop healthy relationships and achieve goals.



1

DANCE TO SUCCESS! (PBS LEARNING MEDIA)

This website includes several dance videos that helps elementary students explore their emotions and relationships through movement. [Find it here!](#)

2

OTHER RESOURCES TO CONSIDER:

- Stand UP to Bullying ([delta broadcasting.org](#))
- [GIRL Power!](#) Power up with these inspirational stories of young girls and women.

3

THE RELATIONSHIP INITIATIVE:

A curriculum aimed at helping children build strong relationships. Videos and activities can be found [here](#).

4

LINKS TO COMMUNITY RESOURCES:

- [Great Lakes Parents](#)
- [Children and Families | Mid Michigan Community Action - Mid Michigan Community Action \(mmcaa.org\)](#)
- [Midland County \(michigan.gov\)](#)

*Just google PARENT RESOURCES in your area. So much to discover!

Visit these locations for fun activities to do on May 9!



Artisan Urban Bistro
417 Hancock St, Saginaw,
MI 48602



Grove Tea Lounge
2405 Abbott Rd, Midland,
MI 48642



**Three Bridges Distillery
& Taproom**
240 E Main St Unit A,
Midland, MI 48640



BIGGBY Coffee
6615 Eastman Ave,
Midland, MI 48642



Stranded Yarn & Coffee
132 Ashman Cir, Midland,
MI 48640

**If you would like for your business to be part of this, email
amy@selflovebeauty.com and we can get you part of this great day!**

WE HOPE YOU'RE AS EXCITED AS WE ARE TO SPREAD LOVE THROUGHOUT OUR COMMUNITY. WE CAN'T WAIT TO SEE HOW YOU PARTICIPATE!



Email us your photos and videos at
info@selflovebeauty.com



Share pictures or videos on your positive affirmation activities on social media and tag
@selflovebeauty
and by using
#SLBaffirmationday



Make affirmations a daily habit!



GET INVOLVED WITH SLB

We depend on volunteers to help us further our mission. We'd love to have you join our team. Here is how you can get involved:

- Follow us on [Instagram](#) and [Facebook](#) @selflovebeauty
- Follow on [Tik Tok](#) @selflovebeauty0
- Sign up for our [newsletter](#)
- Attend one of our upcoming [events](#)
- Be part of one of our [committees](#)
- Donate [here](#)

STAY CONNECTED



Info@selflovebeauty.com



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www.selflovebeauty.com

**Donate to Support SLB! YOU
can help us empower our
community.**



We appreciate all the donations we receive!

100% of the funds from Affirmation Day will go to our confidence-focused workshops and family programs. SLB utilizes donors like you to cover 75% of the funding to make programs affordable for our partnering agencies. We appreciate your help to make each opportunity possible.

Scan the QR code to donate:



THANK YOU FOR YOUR SUPPORT!



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