



Speaking a Public Affirmation

- ❖ Give a Meaningful Touch – A kiss or hug or laying on of hands. (Demonstrates warmth, personal acceptance, and affirmation.)
- ❖ True Affirmation usually requires Verbal Acknowledgement. It speaks love and hope for the future.

- ❖ Attach High Value, connecting her character to a word picture.

Use an everyday object – example: an animal, something in nature, etc. Match the positive attributes of the object to those you see in her. Example: “I see you as a bird; free, graceful, gentle and admired by others...” Or “I see you like a mighty oak tree: well founded, bold and strong...”

- ❖ Picture Her Potential Future – What do you see her becoming?

- ❖ Choose a story or example of someone that you believe is applicable to her life.
