



*This is not...This is...*

Directions Use the poem “This is Not a Small Voice” as a model for creating affirmations for yourself. Remember, affirmations are statements repeated to yourself as a way of focusing on the positives of yourself right now and the potential you have to become your idealized self. You will create two “This is not...” affirmations and two “This is...” affirmations. Then, find an image to go along with your affirmation. You can either create your own image on paper and upload the picture or you can create your own image using a program like Google Draw or you can find an image online. The first two are provided for you as an example.

<i>Affirmations</i>	<i>Images</i>
<p><i>Example:</i></p> <p><i>This is not... a small love you hear.</i></p>	
<p><i>Example:</i></p> <p><i>This is... a love that crowns the feet with hands/ that nourishes, conceives, feels the water sails/ mends the children</i></p>	
<p>This is not... rigid perfectionism</p>	
<p>This is... a deep desire to do my best, to find a way to create something beautiful.</p>	
<p>This is not...</p>	

This is...	
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