

## **Affirmation Exercise**

*Have students get into their small groups and turn to the affirmation activity found on **page 46**. At the top of this page have each participant first write their name. Once they have done this instruct them to pass their journal to the person on their right. Every person will write down something that they admire or have observed (leadership qualities, principles, or traits) about that person whose journal they are holding. Every 30 second say pass, and when you say “pass” have every student finish writing and pass the journal to their right.*

*Ask the following Debrief Questions:*

- 1.) How did this activity make you feel?*
- 2.) Was this activity easy or difficult?*
- 3.) Do you always see yourself as other people see you?*