

My Journey – Affirmation Book

Affirmation books provide a way for you and / or others to express their appreciation for each other. Family and friends can write in these books to show their appreciation for you or you may choose to write entries for others to read. A combination of both these could also be completed.

Items needed

- A sturdy blank book to write in
- A loose leaf file or album if you want people to be able to contribute other items
- Coloured pens and pencils
- A person to scribe for you if you are too tired to write

Ways to personalise your book:

- Decorate your book with photos, drawings, fabric, ribbon and any other materials you choose.
- Include your name and any other personal detail that will provide information for future readers.

Ideas for words of appreciation:

- My fondest memory of you is...
- Remember when we...
- Thanks for...
- My favourite times with you were...
- You taught me...
- I'll always remember...
- The times I spent with you will always be important because...

Ideas for lists to express your appreciation for others:

- The ten things I most like about Joe...
- My top three memorable moments with Jane...
- Five reasons why I value my friendship with Dan...
- When I'm with Sarah I feel ... (list ten words or phrases).

People who can help:

- Family, friends, neighbours, work colleagues etc. can help with decorating your book and provide affirmation entries.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100