

ANCHORED IN HOPE

SESSION 2: ANCHORED IN HOPE

Welcome to the second day of this retreat experience! Today we will explore more ways in which God gives us hope, and how you can find it more readily in your daily life.

NOTES FOR THE EXAMEN IN THE VIDEO SESSION

ACTIVITY: AFFIRMATION

This activity will be an exercise in praising your classmates. An affirmation is speaking the truth about someone by using positive reinforcement and praise. It is affirming a strength, trait, characteristic, action, or quality in someone. Affirmations can be made in positive statements (I love your positivity!), thankful statements (Thank you for always listening to me, you are a great friend!), sharing impact (The time you helped me with my math was super important to me, thank you for supporting me!), or admiration (I admire how committed you are to your activities and extracurriculars!).

Take some time to think about the kinds of things that you can affirm your classmates for. When everyone is ready, turn to the next page and write your name at the top in the space provided. Leave your packet at your desk with the page showing, and allow others to come to your space to write affirmations on your paper as you write affirmations on everyone else's.

NOTE: Affirmations are the most powerful when they are anonymous. This helps us realize the impact we have on everyone around us, and helps people to be more open and honest with what they write. Please keep them anonymous!

NAME:

REFLECTION QUESTIONS AFTER THE ACTIVITY

1. What was challenging about this activity? Surprising?
2. Did you learn something new about yourself? About someone else?
3. How do you feel as a result of this activity?
4. How can you be more affirming to others in your daily life? To yourself?

