

ROSSGROUPTRAINING

*LEADERSHIP * PERFORMANCE * GROWTH*



STELLAR PERFORMANCE:

“AFFIRMATION EXERCISE”



Sit in groups of four and complete the following AFFIRMATION EXERCISE:

Choose a group leader. The leader has this paper and begins to read the words and asks the group how the word makes them feel.

Positive Affirmations

You are doing great

You got it

Great question

Thanks for the input

That is an interesting point

Negative Affirmations

You will never get it

You failed again

That is a dumb question

You have something to say about everything

I cannot believe you said that

Now, the leader asks the team for additional Positive and Negative Affirmations and provides them with a copy of this paper so they can record their responses.

Positive Affirmations

Negative Affirmations



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