

Team Affirmations Experience TOOL

INDIVIDUAL PREP INSTRUCTIONS FOR ALL TEAM MEMBERS

- 1. At the top of the *Affirming You* worksheet on page 2, write the name of the person you are affirming in the space provided.
- 2. Circle all the words or phrases you believe to be true about this person.
- 3. Write the top five words or phrases – those you think best describe your teammate, friend, colleague – in the box provided. Jot down notes about examples that support your selections.

GROUP INSTRUCTIONS

Share your top 5 words from the *Affirming You* worksheet with your teammate/friend in an informal gathering, reinforcing these with examples from your experience with this person.

When you are on the receiving end of the exercise, allow the other person to share his/her perspective on you. No negative statements, counterpoints or disagreement allowed! Listen closely and focus on letting it soak in. After you have affirmed your teammate/colleague/friend, ask the following questions:

- What did you hear from me?
- How did what you hear impact you?

adapted from TRUEFACE.ORG



info@yourhighestplace.com

www.yourhighestplace.com

423-710-9922

AFFIRMING YOU WORKSHEET

What I believe to be true about _____
TEAMMATE/COLLEAGUE/ FRIEND

accepting	destined	gutsy	nurturing	self-controlled
adaptable	detailed-oriented	helpful	observant	selfless
administrator	determined	holistic	optimistic	sensitive
adventurous	discerning	honest	orderly	service-oriented
affirming	disciplined	honorable	organized	shepherding
analytical	encouraging	humble	original	spiritual
artistic	energetic	humorous	passionate	spontaneous
assertive	enterprising	imaginative	patient	stable
authentic	entrepreneurial	in-touch	peacemaker	steady
authoritative	even-keeled	industrious	persistent	strong
benevolent	exciting	influential	persuasive	successful
bold	exemplary	ingenious	pioneering	sympathetic
called	experienced	initiating	poetic	take-charge
can-do	factual	inquisitive	polished	talented
careful	faithful	insightful	positive	teachable
caring	festive	inspiring	powerful	teaching
catalytic	firm	intelligent	practical	thoughtful
change-oriented	flexible	inventive	precise	tolerant
charismatic	focused	joyful	predictable	trustworthy
comforting	fun-loving	kind	principled	very verbal
committed	future-thinking	knowledgeable	promotes	visionary
communicative	generous	leading	protector	vivacious
compassionate	gentle	listening	purposeful	watchful
concerned	genuine	loving	rational	wealthy
connected	gifted	loyal	relational	welcoming
conscientious	giving	mature	relevant	wild-at-heart
courageous	goal-driven	meek	respectful	winsome
creative	good	mentoring	risk-taking	wise
credible	gracious	merciful	sacrificial	zestful
decisive	gregarious	motivated	scheduled	
deliberate	group-oriented	motivating	scholastic	
dependable		musical	secure	
			self-assured	

TOP FIVE

Above all,
I think you are:

1 _____

2 _____

3 _____

4 _____

5 _____

NOTES

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