Affirmation Station

What are you really good at?
What are your gifts and talents?
What are the things that your friends and family love about you?

Sometimes, we can really struggle to see our self-worth, but it is very important to view ourselves in a positive way. Christians believe that God sees you as a wonderful person and wants you to believe it too!

If you would like to, take some time to look at the encouraging quotes hanging up. Which one do you think relates most to you? Which do you maybe need to hear and believe more about yourself?
Once you've found one you like take a blank postcard and decorate it with the quote as a prayer or reflection to take home with you.