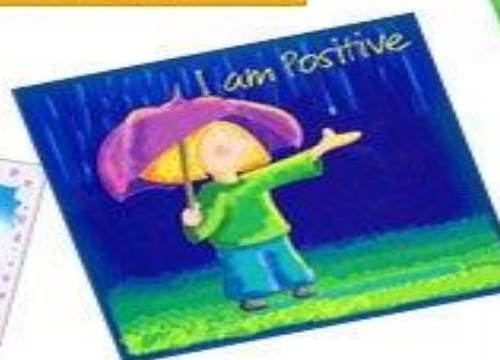
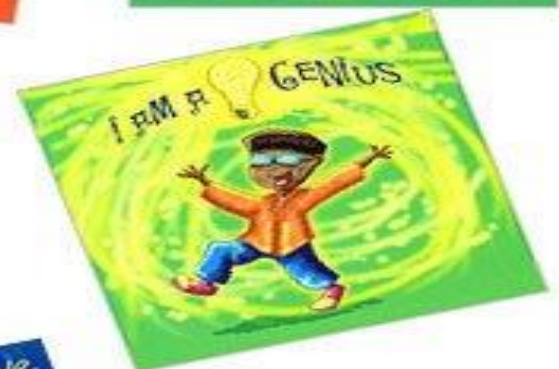
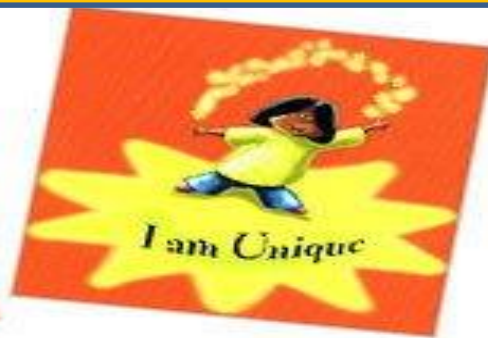


# Manifest Your Magnificence Affirmation Cards A Transformational Exercise Guide



# Exercise Guide Reference

This exercise guide is designed to help you get the most out of your Manifest Your Magnificence Affirmation Cards! Try these exercises with the kids in your life to help them better communicate their feelings, develop values such as honesty, responsibility and compassion, and cultivate positive mindsets, attitudes and self-beliefs.



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## I Set My Intention Exercise

1. Ask your kid(s) to pick a card
2. Have them read what's on the card out loud
3. Ask them to share one way they could demonstrate the card's value
4. High fives all around for their creative expressions!

## I AM Who I AM Exercise

1. Ask your kid(s) to pick a card
2. Have them write a lyric, song, poem or story about the card's value. This can be done individually or in groups
3. Ask them to share what they've created with you
4. Give them a hug for a job well done!



## I Know Who I AM Exercise

1. Review the set of cards with your kid(s)
2. Ask them to come up with one of their own I AM statements
3. Have them draw themselves expressing an I AM statement they came up with
4. Give them a round of applause for their brilliant insights!

# I've Got That I AM Feeling! Exercise

1. Pick a card with a value that you want your kid(s) to embrace
2. Put on any music you wish (the Manifest Your Magnificence CD works well!)
3. Ask your kid(s) to move to the music in a way they feel demonstrates the card's value

## Fish For Values Exercise

1. Put paper clips on the cards with values you'd like your kid(s) to embrace
2. Put the cards in a basket on the floor
3. Give your kid(s) a fishing pole (a magnet on a string)
4. Ask them to "fish" for a card
5. Have them share 3 ways they can demonstrate the value of each card they catch





## Do You Know Who I AM? Exercise

1. Ask your kid(s) to pick a card
2. Have them write or draw ways they can express the value on each card
3. Ask everyone to place their sheets in a pile and pick one at random
4. Have everyone guess who wrote/drew what was on the sheet
5. High fives and a laugh for a job well done!



## Journal Me Exercise

1. Ask your kid(s) to pick a card. You can also choose a card with a value you'd like to reinforce in your kid(s)
2. Have them write about what the card's value means to them, why this value is important and how they can express this to the world
3. Tell them they're awesome for their creative expression!

## I AM Rhythm! Exercise

1. Ask your kid(s) to pick a card
2. Have them use musical instruments to demonstrate what they feel the card's value sounds like (some of them may even want to compose a song about the chosen card's value)
3. Ask them to share how this sound captures the card's value
4. Give them a round of applause for their magnificent expression!



## I See Who I AM! Exercise

1. Pick a card with any value you'd like your kid(s) to embrace
2. Ask them to close their eyes and picture a world where this value is always honoured
3. Have your kid(s) share what they feel the world would look like with this value being honoured
4. Ask them to share 3 ways they can demonstrate this value to help create this kind of world
5. Ask your kid(s) how you can support them to create this kind of world
6. Congratulate them for their creative expression!

## **“I AM” Value Chart Exercise**

1. Pick a card with any value you'd like your kid(s) to embrace
2. Create a chart that graphs the number of times each kid demonstrates this value over the week
3. Encourage your kid(s) to be “Value Beacons” and congratulate them whenever they embrace the chosen value
4. High fives all around for their positive expressions!



## **I AM Creating Me Exercise**

1. Ask your kid(s) to pick a card
2. Have them create what this card looks like to them through arts & crafts, building materials or any visual art
3. Give them a hug for a job well done!

# Name the I AM! Exercise

1. Ask your kid(s) to write their name vertically down a page of paper (see example)

I AM S \_\_\_\_\_  
I AM U \_\_\_\_\_  
I AM S \_\_\_\_\_  
I AM A \_\_\_\_\_  
I AM N \_\_\_\_\_



2. Have them fill in the blanks with positive values from the cards that begin with each letter of their name

3. Ask your kid(s) to draw a picture of themselves underneath their name that captures these values
4. Post the picture on the refrigerator, take a picture of it and have your kid(s) use it as their phone screen
5. Give them a big congratulations for their creative hearts & minds!



# I AM The World! Exercise

1. Ask your kid(s) to pick a card
2. Take a walk with your kid(s) in a park or around the neighbourhood
3. Encourage them to explore the environment
4. Discuss what your kid(s) sees, experiences in their environment, world that demonstrates or doesn't demonstrate the card chosen
5. Discuss what your kid(s) can do to either support or create more of what they experienced based on the card
6. Have your kid(s) write the I AM Statement (or take a copy of the card) and write their ideas underneath the card
7. Create opportunities for your kid(s) to put action to their ideas
8. Post what the child has written on the refrigerator or anywhere around the home
9. Celebrate the ideas and actions your kid(s) create with a big cheer!

