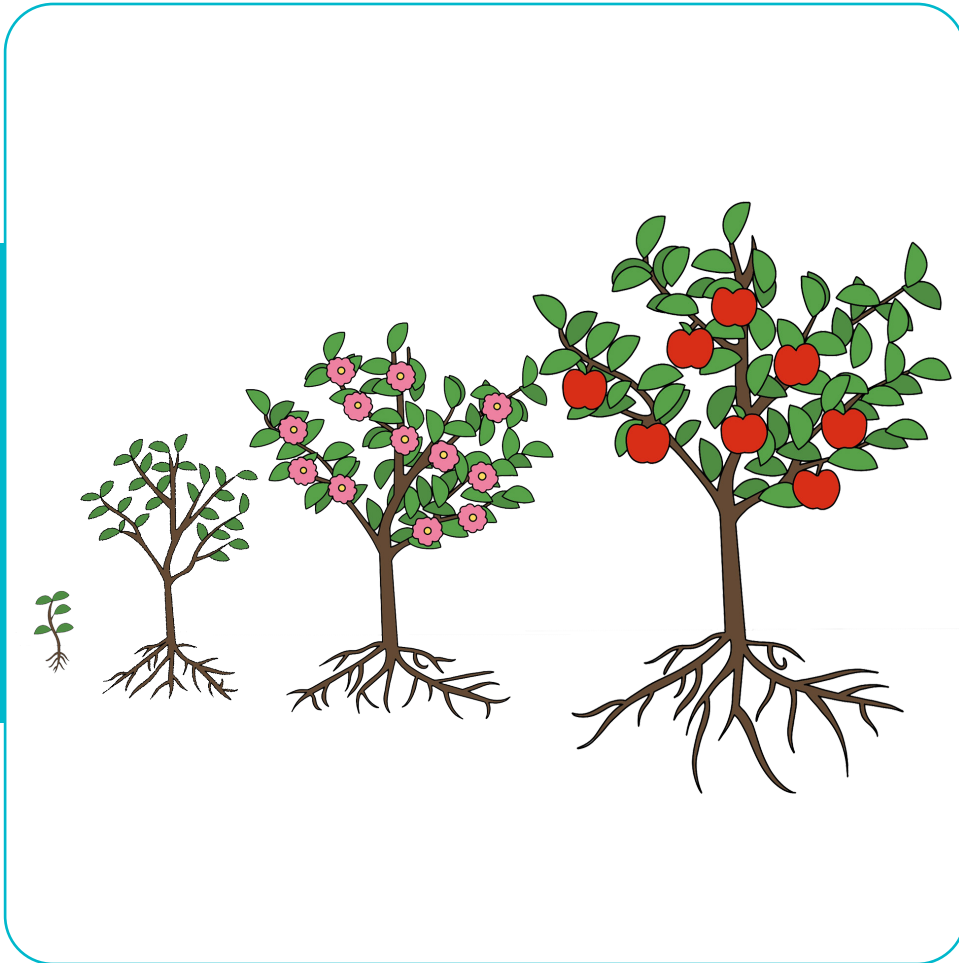


31 DAYS OF AFFIRMATION



Your circumstances don't have to control
your mindset and attitude

LIFESKILLS COURSE # L 504



31 Days of Affirmation



COURSE DESCRIPTION

The *31 Days of Affirmation* course is a journey designed to empower and uplift individuals as they prepare to transition back into society. Through thought provoking questions and journaling activities, participants will learn to believe in their strength, trust in their journey, and know that they have the power to create the life they desire.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Positive Thinking Skills
- Opportunity and Growth
- Self-Awareness
- Goal setting and achievement



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
 Course Format: eLearning
 Item Number: L 504
 eLearning Length: 31 Slides
 Scientific Model: Cognitive Restructuring

CRIMINOGENIC NEEDS MET

Self-Awareness
 Pro-Social Attitudes & Beliefs



COURSE CONTENT

Unit 1: 31 Days of Affirmation

Welcome to the journey.

Unit 2: Worth

Your soul is priceless.

Unit 3: I Can

Believe in yourself.

Unit 4: Goals and Aspirations

Your personal roadmap to the future.

Unit 5: Living in Forward

The best days are still ahead.



PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- eLearning License

It is hard to believe in someone if they don't believe in themselves