



SUPPLIES

For this activity, you only need a few supplies:

1. A journal -- handmade or purchased. You can also use loose paper.
2. Your favorite writing instrument.
3. Your favorite art supplies -- watercolor, acrylic paints, markers, etc.
4. A printer
5. An open mind

OPTIONAL: In the video I show my finished deck that has been laminated and has rounded corners. Both are optional.

If you prefer to respond to the affirmations on canvas, be sure to grab two or three. This process can become addictive.

That's it.

You really don't need a lot of tools to work with affirmations.