

Affirm Your Writing With **Positive** Words & Beliefs[®]

Grounding

Thinking

Insightful

Affirming

Emotional
Balance

Creative

Deepening

Challenging

Unraveling

Reflective

Rewarding

Connecting

Cathartic

Releasing

Informative

Alive

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Date:

What on and off the page benefits do you gain from writing creatively or expressively? What would you say are your positive strengths as a writer? On both the leaves around and below the Be-Leafs tree (I hope you like our play on words here) use the space and write down affirming and strong words which describe the value you gain from writing and the strengths you bring to the writing process.

You might write down empowering and encouraging words that remind you of how writing makes you feel or you could capture different words that describe your unique strengths and qualities as a writer.

Try creating new Be-Leafs trees at different times of the year or those moments when you feel stuck. Use your gathered words as seeds for poems, narratives, articles or as writing prompts to generate content for a regular writing practice.



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