

# I AM Poster Contest!

## Positive Affirmations

**Positive thoughts** and self-talk help to build our self-esteem, allow us to face challenges in a more positive way, guide us to make healthier choices and improve our overall health and wellbeing. Affirmations are one way to put these positive thoughts and self-talk into action.

One type of affirmation is called an **identity statement**. The way we talk to ourselves makes a huge impact in the shaping of our self-esteem and confidence. To practice, start with the words "I AM" and create simple, uplifting statements about yourself. They can be words of inspiration, good qualities, goals or simple reminders.

**Some examples** are "I am worthy of love", "I am beautiful" or "I am strong and healthy".

During Wellness Week with Herren, we're hosting an "I AM" poster contest. We want to empower you to be the best version of you YOU can be!

### To Enter

Share your I AM poster with us on social media using the hashtag #IAM or email a picture to [prevention@herrenproject.org](mailto:prevention@herrenproject.org) by Saturday, March 7. Three of our favorite entries will win a prize. Winners will be announced on social media Monday, March 9.



I AM

WELLNESS WEEK

WITH HERREN

[wellnessweekwithherren.com](http://wellnessweekwithherren.com)