

## 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*