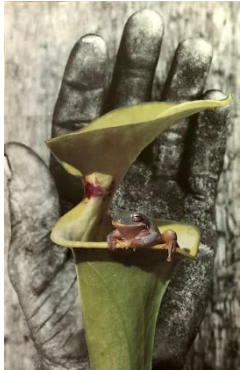


# Affirmation Collage Card



## Introduction

Positive affirmations are positively framed phrases or statements that are used to challenge unhelpful or negative thoughts. They can be used for motivation, a boost in self-esteem or encouragement of positive life changes. Collage describes both the technique and the resulting work of art in which pieces of paper, photographs and other ephemera are arranged and anchored onto a supporting surface. By combining the two concepts, one can create imagery that is intuitive, contemplative and highly personal.

## Mindful Reflection

“I am in the right place at the right time, doing the right thing.”

Louise Hay, *You Can Heal Your Life*

## Materials

Piece of precut mat board, we used 5”x 8”

Magazines or photographs

Scissors

Glue stick

\*optional cutting mat

\* optional x-acto knife

\* optional 5”x 8” clear plastic sleeve to protect work



## Directions

1. We recommend starting your process intuitively. Spend a good 30 minutes going through magazines and/or old photographs to collect images that appeal to you. Make a stack of several images, and don't think too much about whether they relate with one another. A good goal for one card is stack of about 20 images. It will be helpful to have both large images that could completely cover the mat board and be used as background, as well as smaller ones for detail.
2. Spread the images out around you as much as you can. Gather them into smaller piles, sorting them by colors, themes, or patterns. Choose a smaller pile to work with and put the others away for another use.
3. Using your scissors or x-acto knife and cutting mat, trim the smaller images down to desired shapes and sizes. Start orienting the images that you have by laying them on top of one another, or beside each other. Arrange and rearrange them until you come to a layout that you like. Trust your intuition.

4. Once you are satisfied with the arrangement, use your glue stick to adhere the images to the mat board and let dry completely.
5. Slip your collaged card into a protective sleeve, and spend a few minutes writing reflectively about the piece. Starting with a statement like “I am” is good way to attach an affirmation to your work and reflect on it at a later date.

