

# positive affirmations are self-esteem boosters!

The person I look up to the most is \_\_\_\_\_

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The one person that always makes me feel good about myself is

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I have a natural talent for

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People say I am a good

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The color \_\_\_\_\_

\_\_\_\_\_ looks great on me!

I know that I have been successful in life because I have \_\_\_\_\_

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The two best things I do are

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People compliment me about \_\_\_\_\_

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Positive Affirmations  
SELF-ESTEEM BOOSTERS



be  
**proud**  
of who you are!

1.877.221.9295

[healthplan.org](http://healthplan.org)

## Walking - a Healthy Exercise

Did you know walking is one of the most popular forms of physical activity? If done on a regular basis, walking can help you to lose weight, and relax you as well. Another advantage of walking is that it can be done anywhere, anytime and it is free! You already know how to do it and it can be done by almost anyone. Body posture is important in making your walking as efficient as possible. Keep these pointers in mind when walking:

- Hold your head erect.
- Keep your back straight.
- Point your toes straight ahead.
- Keep your abdomen flat.
- Swing your arms loosely at your sides.
- Land on your heel and roll off the ball of your foot.
- Wear shoes that are cushioned and provide support.
- If you become short of breath, you are walking too fast.
- Do not compete with others – you are not in a race.
- Make your walk a pleasant experience.

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I like myself because

I do

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

very well.

## Dear Member,

C B O D Y R O M E M N D  
T L O Y G G H N S O M P  
H A E Y J N E F I T C R  
S E I T I V I T C A G S  
H N A I C P I P R E N H  
A J S L S R M E E H I M  
P O E A T A M H X E K R  
E Y A U R H U I E F L V  
S A N Q E S N L N R A S  
O B I U S H E P I D W F  
P L D M S U C O F F X L  
T E G N E L L A H C E M

ACTIVITIES	LIFE
BODY	STRESS
CARE	MEMORY
CHALLENGE	MIND
ENJOYABLE	NUTRITION
EXERCISE	QUALITY
FIT	SHAPE
FOCUS	SHARP
HEALTH	SLEEPING
IMMUNE	WALKING

## Family Ties

N I S U O C T B N A S  
E A R M T W R F S D I  
R T O E I O E F S N R  
W M T N T A U N T A N  
I A S H D S N D N B O  
F R E L A T I V E S N  
E R C G D E O S R U N  
C I N E L C N U A H O  
E A A A E S U O P S S  
I G N I D D E W S R E  
N E P H E W P I N G T

ANCESTORS	PARENTS
AUNT	RELATIVES
BROTHER	REUNION
COUSIN	SISTER
DAD	SON
HUSBAND	SPOUSE
MARRIAGE	TWINS
MOM	UNCLE
NEPHEW	WEDDING
NIECE	WIFE

## positive affirmations are self-esteem boosters!

I feel good about

I am most happy when

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## positive affirmations are self-esteem boosters!

My favorite place is

My friends respect me  
because I always

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I have been told that I  
have pretty

My goals for the future are

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

I consider myself a good

\_\_\_\_\_ loves me!

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## What's the Weather?

F U W W T M S Z E Y N  
O F H A I L W A R M S  
S L E E T N D E H G U  
S U N N Y S D S O N N  
M R O T S N H F E I G  
I R Y D U O L C A N H  
F I E H W W C R I T O  
R E T E M O M R E H T  
O S R U L A P U T G R  
S S N D B S A R N I S  
T A Z D R A Z Z I L B

BLIZZARD	SLEET
CLOUDY	SNOW
COLD	SPRING
HAIL	STORM
HOT	SUNNY
FLURRIES	THERMOMETER
FOG	THUNDER
FRONT	WARM
LIGHTNING	WIND
RAIN	
SHOWER	

# Blast from the Past

Y A T O P C A T R N M H L M N E L Y  
 C A N I S L M E H T O I U A R U R L  
 G A G K L I E S E A L O M N M I N I  
 A G P Q S O O S U R T T C R N T O D  
 M P E T M I V N M E A G I E M M O B  
 L Y D B A M L E E B L D I N O O D M  
 S E I L L I B L L I H Y L R E V E B  
 E S H O U G N T I U S E P I L E G D  
 R A W G S H E K E G C B L R K T I L  
 C C A P L T L N A P E Y I O E R A D  
 A N R B O Y A A T N Y I M T U M D L  
 N E S N V M L T S L G S B I C A O A  
 E B R S E O R E H S N A G O H L C G  
 E A N L B U B O E U I S R A D M H D  
 R R F A O S B I G O U E D O S T A C  
 G I B A A E G E D A U Q S D O M T M  
 R P E T T I C O A T J U N C T I O N  
 O B U I I C C Q A L T T T N M D A A

BATMAN	GOMER PYLE USMC	MIGHTY MOUSE
BEN CASEY	GUNSMOKE	PETTICOAT
BEVERLY HILLBILLIES	HOGANS HEROES	JUNCTION
CAPTAIN KANGAROO	I LOVE LUCY	RAWHIDE
DOBIE GILLIS	LASSIE	RIFLEMAN
DR KILDARE	LOVE BOAT	THAT GIRL
GREEN ACRES	MOD SQUAD	TOP CAT

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What I really enjoy most is \_\_\_\_\_

\_\_\_\_\_

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I look good when \_\_\_\_\_

\_\_\_\_\_

# Name That Tune!

K K L L P E Y T F M L R F P O E T  
 L T H E U E U K H E K L S K K U T  
 A L T T L I T H N E T O A T T E E  
 Y U I O U Y B Y T M T Y R T E O U  
 T F L H M K R Y F H Y O I E T U A  
 K N U K Y A N D E T Q F T T V P B  
 A T K A A R C O E B R T T E D E N  
 N B U E S P R K T U Y N U E B G F  
 S P O R D R A E T Y L E N O L G Y  
 A S G B V Y E T B H K Y L E H Y T  
 S E U T A S I X T E E N T O N S S  
 C O A R O N L Y Y O U K O F V U I  
 I I M A S I Y E N V V L N H Z E M  
 T E N E L L E B Y A M S B I I O L  
 Y I E H O U N D D O G V E T F Y O  
 I R R O T F I R L I O Q K Z Y E A  
 A Y F H B E E T E R N E B E P Y G

BLUEBERRY HILL	KANSAS CITY	PEGGY SUE
BYE BYE LOVE	LONELY TEARDROPS	SHOUT
FEVER	MACK THE KNIFE	SIXTEEN TONS
HEARTBREAK HOTEL	MAYBELLENE	SUZIE Q
HONKY TONK	MISTY	TUTTI FRUTTI
HOUND DOG	ONLY YOU	YAKETY YAK