

# Fingertip Affirmation Practice

In this practice, we use movement of our fingers, our breath, and a 4-word or syllable affirmation. Inhale and touching thumb to pointer finger, then middle finger. Exhale and touch thumb to ring finger then pinky finger.

Then add in words of self-affirmation. For example, "I (pointer finger), trust (middle finger), my (ring finger), self (pinky finger).

"I can do this"

"My voice is heard"

"I've got this \_\_\_\_\_"



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