

# Acrostic Poetry as Affirmation

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During the Envisioning the Future: Dementia Care 2021 & Beyond Virtual Symposium we shared a lot of information to support us in our journey on living well with dementia. We may feel overwhelmed by all that we learned through these presentations, but as we reflect on our experiences throughout the day, let us affirm our strengths and past successes through the art of poetry. It is hoped that your own recognition of how capable you are will be sustained far beyond the symposium.

Affirmations serve as reminders, inspiration and encouragement about our own goodness as well as the potential to create self-change, boost mood and attract positivity in our lives. We create affirmations to remind us of our own strength and goodness in those times when we may feel more challenged.

We begin this creative process with a meditation: Envision yourself in an everyday situation with someone you may or may not know looking at you with love and admiration telling you something they like about you. Picture more and more people looking at you with love and respect. Can you see them and hear their words of encouragement? Imagine yourself (or actually do) standing up and taking a bow to express your gratitude for their support and appreciation of you. (Gawain, Shakti. Creative Visualization. Nataraj Publishing:1995, p.72.)

As you imagine others cheering you on, consider what attributes they may be celebrating. These attributes can be captured in a simple poetry format called acrostic using the first letters of your name. What words of affirmation and positivity can you match to the letters? Can you enhance your words by adding visual art to the page? Where can you post these affirmations to remind you of your goodness on those days when you are feeling less positive about how things are going?

## *Supplies needed:*

Something to write with (or use a word processing program like Word)  
Something to write on (or type on computer)

*How to create an acrostic poem as an affirmation:*

1. Select a starter phrase—May I, I am, (Your name) is
2. Write the letters of your first name down the side of the page.
3. Complete the phrases to affirm yourself with words or phrases that begin with the letters of your name.
4. Add visual art, if you like, to illustrate the concepts of your poem.

Three examples of an acrostic using the same name (Nicki) are included below

**May I**

**N**avigate through life grateful to others  
**I**nspire others to believe in themselves  
**C**ontinue to embrace joy in the journey  
**K**indly accept assistance when offered



**I**nvoke others to join me in working to make the world a better place for everyone

**I am**

**N**avigating through life grateful to others  
**I**nviting others to join me in making the world a better place for all of us  
**C**ontinuing to find joy in my journey  
**K**nowledgeable about many things  
**I**nsistent that we all be respected and regarded with dignity

**Nicki is**

**N**urturing  
**I**nsistent  
**C**ompassionate  
**K**nowledgeable  
**I**nterested



As we celebrate and affirm our strengths and past successes, may we leave with the knowledge that we are powerful, loving and creative beings.

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[CLICK HERE](#) to participate  
 in the Poetry as Affirmation  
 Exercise.