

## WHO AM I?

Spend time talking to and affirming the person who matters most—you.

### I Am Life

I am worthy of love, acceptance, and respect.

I respect myself. I accept myself. I love myself.

I am present, here and now.

I am grateful for this day.

I am life.

I am patient and I am curious.

I learn to feel at ease with myself.

I am creating the Me I choose to be. I am hope.

I am on a journey of change. I am change.

I am life.

I am free to shine my light, even in darkness.

I trust in my goodness. I care.

I am a powerful force for good.

I am love. I am loved. I am life.

I am.

Now, create your own I Am affirmations.

I am \_\_\_\_\_.

I believe \_\_\_\_\_.

I am \_\_\_\_\_.


I am \_\_\_\_\_.

I am \_\_\_\_\_.

**Ideas:** adventurous, affectionate, artistic, authentic, brave, bright, calm, caring, compassionate, consistent, courageous, creative, determined, diligent, easygoing, energetic, enthusiastic, faithful, friendly, funny, generous, gentle, hard-working, helpful, honest, imaginative, intelligent, intuitive, kind, loving, loyal, nice, optimistic, persistent, self-confident, self-disciplined, talented, thoughtful, understanding

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