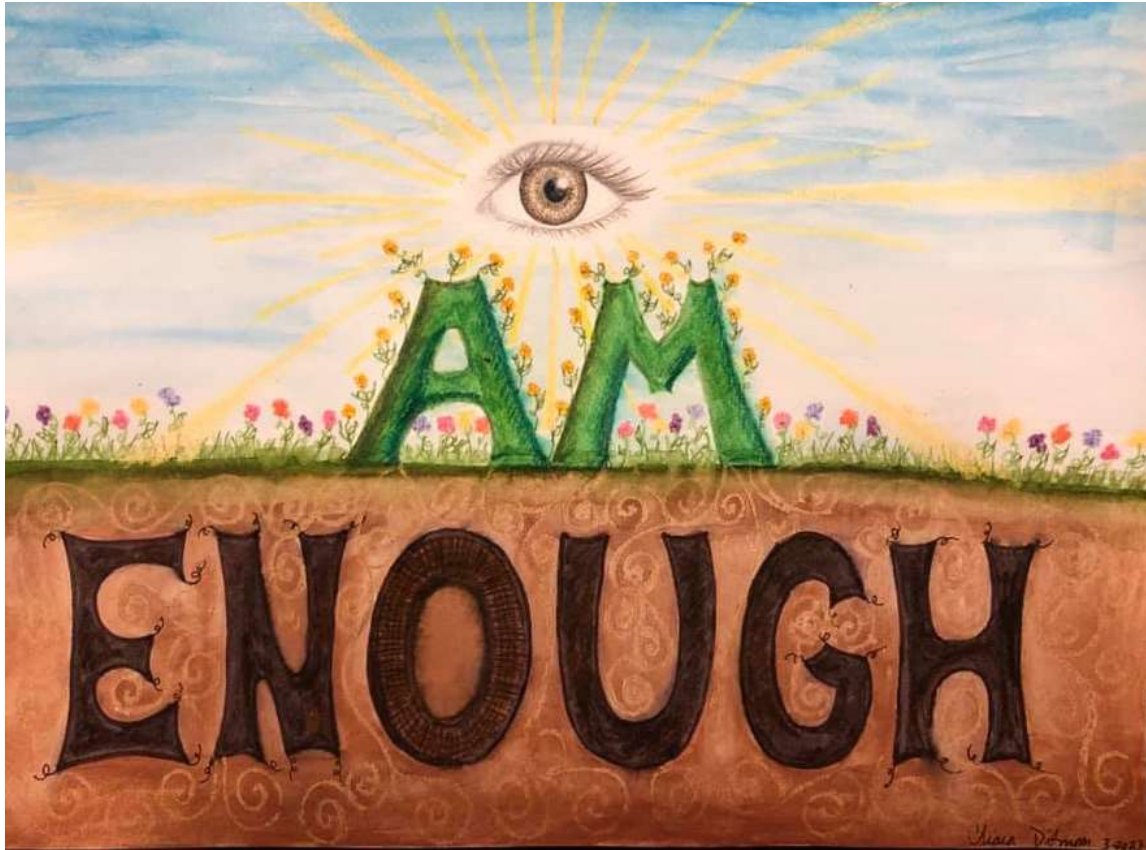


I AM



AFFIRMATION

ALPHABET

WORKBOOK

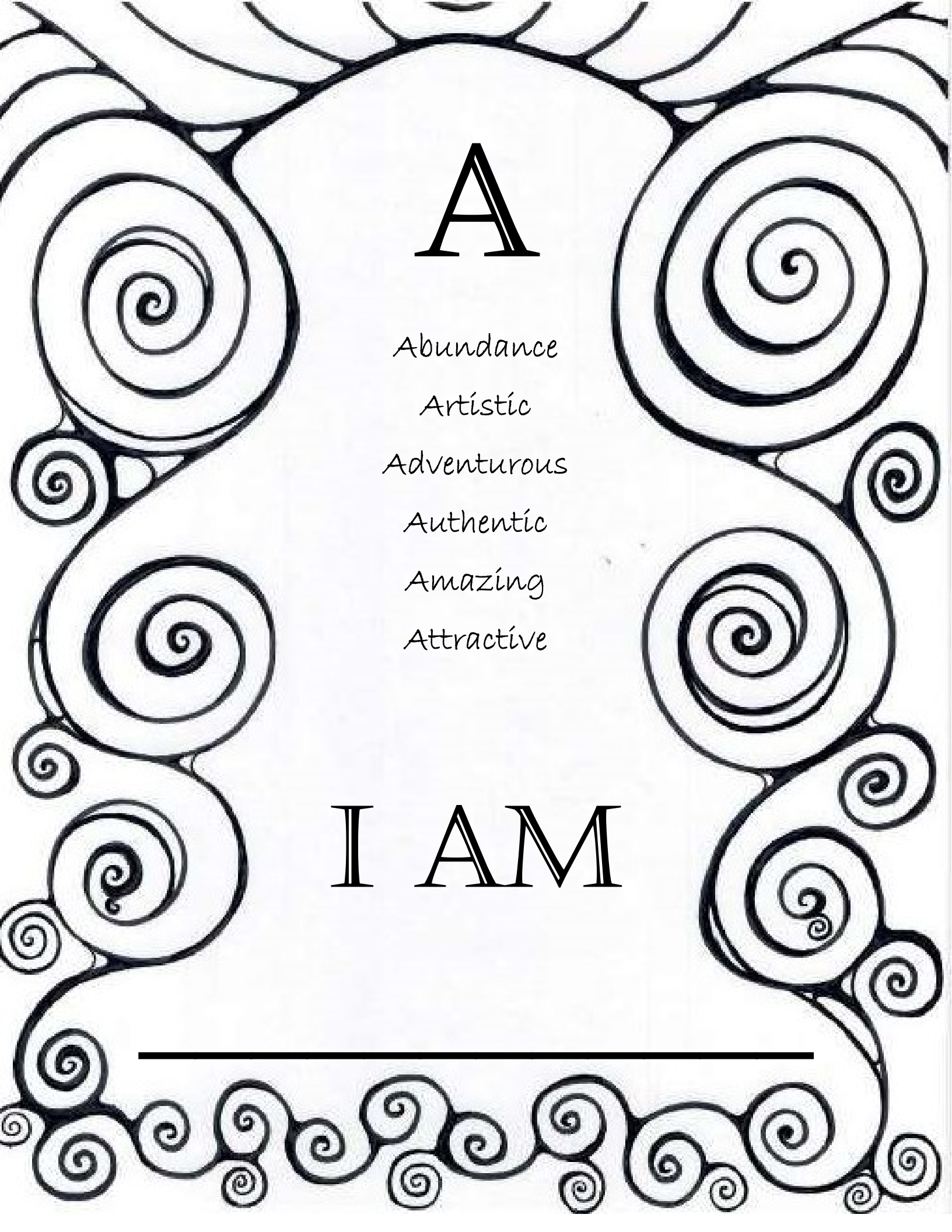
BY DR. CHIARA D'AMORE

WELCOME!

I am a firm believer that who you are is special and what you do is important. That said, it can be hard for each of us to see that of ourselves at times and it is all too easy to think untrue and harmful stories about ourselves. I strive to counter negative mental stories with a daily gratitude practices, and that is one of the healthiest, long-term habits I have cultivated. I now find it fairly easy, and very nourishing to hold gratitude for family, friends, nature, and beautiful things that cross my path in a given day. Actively noticing and communicating the things about myself that I am grateful for is not such a well-developed practice for me. I was mulling that over recently and started to jot down affirming, powerful, restorative words and tried to find a handful that resonated with me in each letter of the alphabet. Under the letter E I wrote down “enough”, which brought up a lot of feelings for me, as evidenced by the piece of art I made recently (on the cover) that says “I am enough”.

I decided to make this “affirmation alphabet” booklet to nurture a new practice of intentional, supportive thinking about myself. I want to share it with you because I’m a big fan of sharing goodness and of doing things in community. My suggestion is to print this document out and take ten or so minutes each day to think through the list of offered words for a given letter and notice what comes up for you with each when you say “I am ____”. Some of the statements may bring up substantial feelings if you let them, some joyful, some uncomfortable and much in between. Feel free to write down any other words for the letter that you think of and then pick one to write the full “I am” statement with. Use the surrounding doodle as a foundation from which to color and create as you repeat the affirmation to yourself and think about what you want to let go of and/or create in your life. You deserve this time!

As Louise Hay says, “Every thought you think and every word you speak is an affirmation. All of our self-talk, our internal dialogue, is a stream of affirmations. You’re using affirmations every moment whether you know it or not. You’re affirming and creating your life experiences with every word and thought.” It helps your affirmations work quickly and consistently when you prepare a nourishing atmosphere for them to grow in. Taking the time to choose an affirming word each day, put it in an “I Am” statement, and then give yourself some time to create while you sit with your thoughts and feelings is a gift to you and to those you love. When you are done you can hang each page up to look at as a loving reminder of who you truly are and what you truly want. Be good to your good self! Big love, Chiara



A

Abundance

Artistic

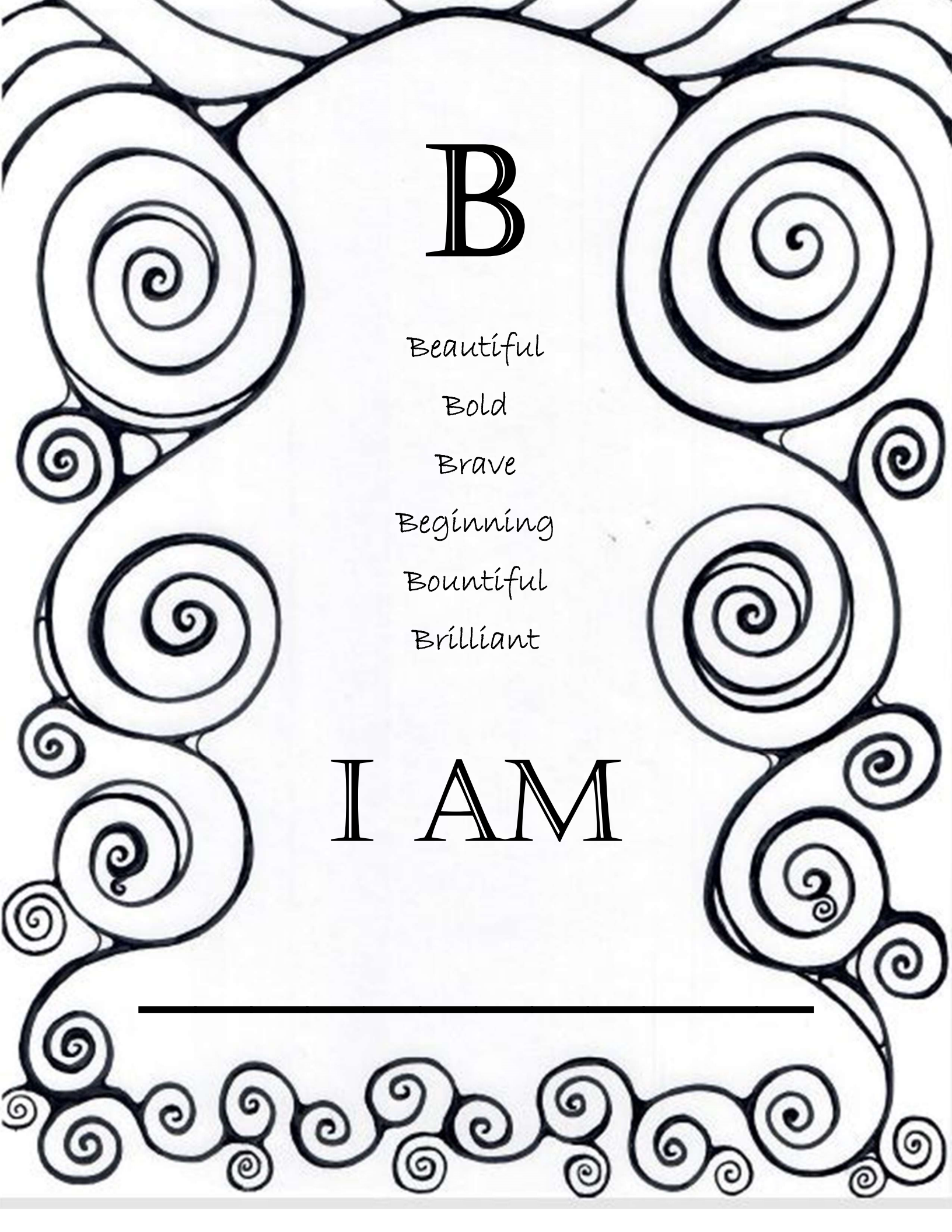
Adventurous

Authentic

Amazing

Attractive

I AM



B

Beautiful

Bold

Brave

Beginning

Bountiful

Brilliant

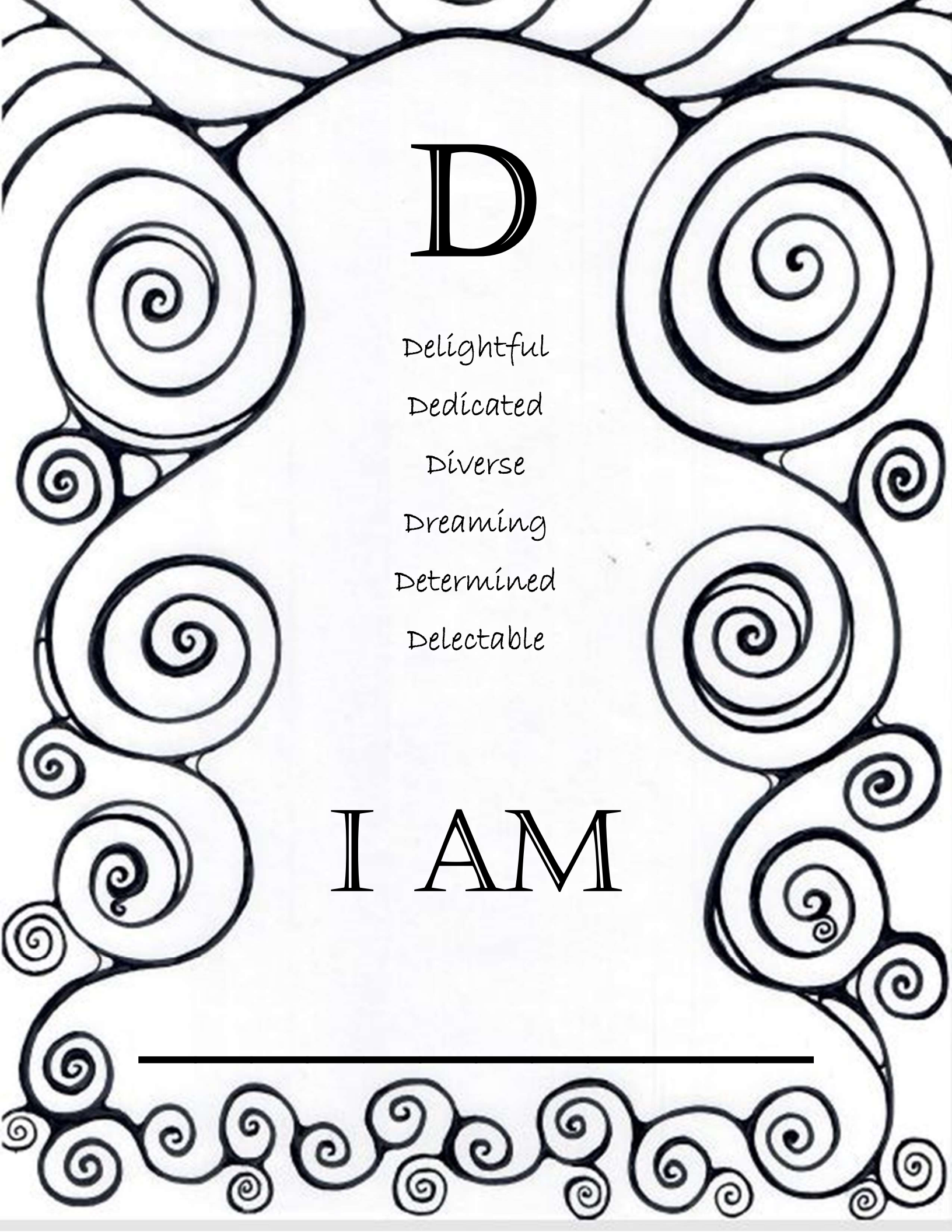
I AM



C

Courageous
Compassionate
Creative
Caring
Clever
Cheerful

I AM



D

Delightful

Dedicated

Diverse

Dreaming

Determined

Delectable

I AM



E

Eternal
Equitable
Essential
Earthy
Enough!
Energetic

I AM



F

Fierce

Fulfilled

Fiery

Friendly

Fabulous

Fortunate

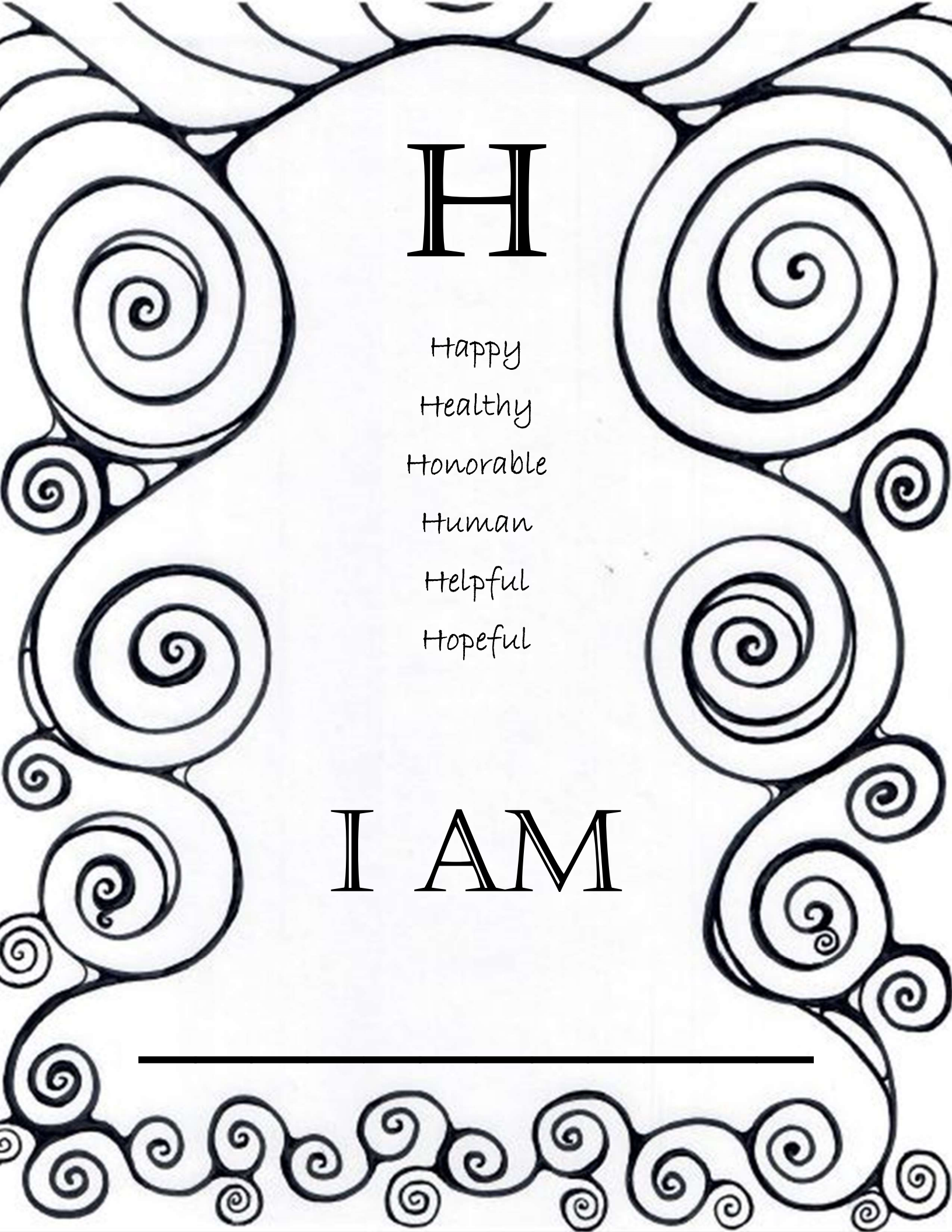
I AM



G

Grateful
Growing
Giving
Great
Gathering
Gracious

I AM



H

Happy
Healthy
Honorable
Human
Helpful
Hopeful

I AM



I

Intelligent
Intentional
Imaginative
Inclusive
Important
Insightful

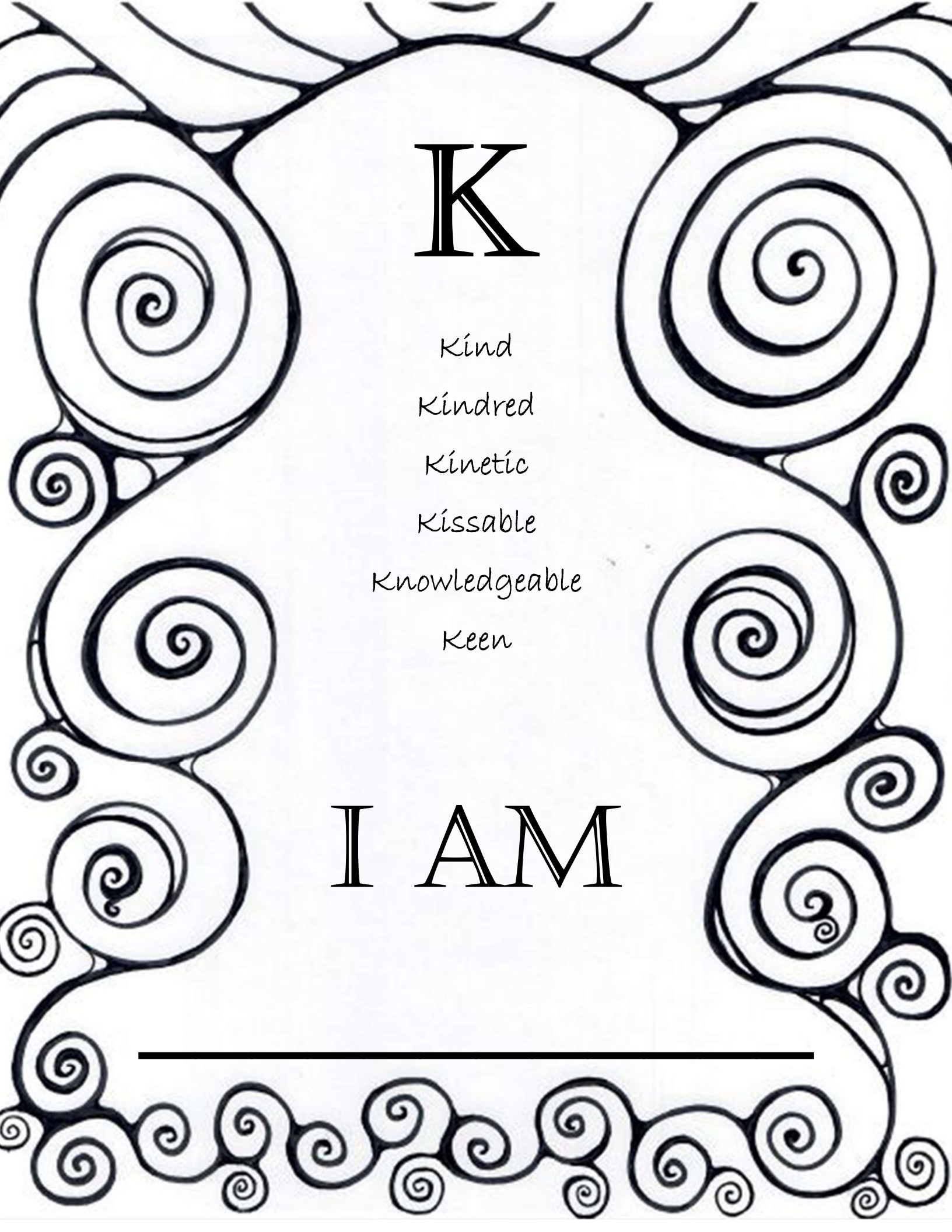
I AM



J

*Joyful
Just
Journeying
Juicy
Jubilant
Jovial*

I AM



K

Kind

Kindred

Kinetic

Kissable

Knowledgeable

Keen

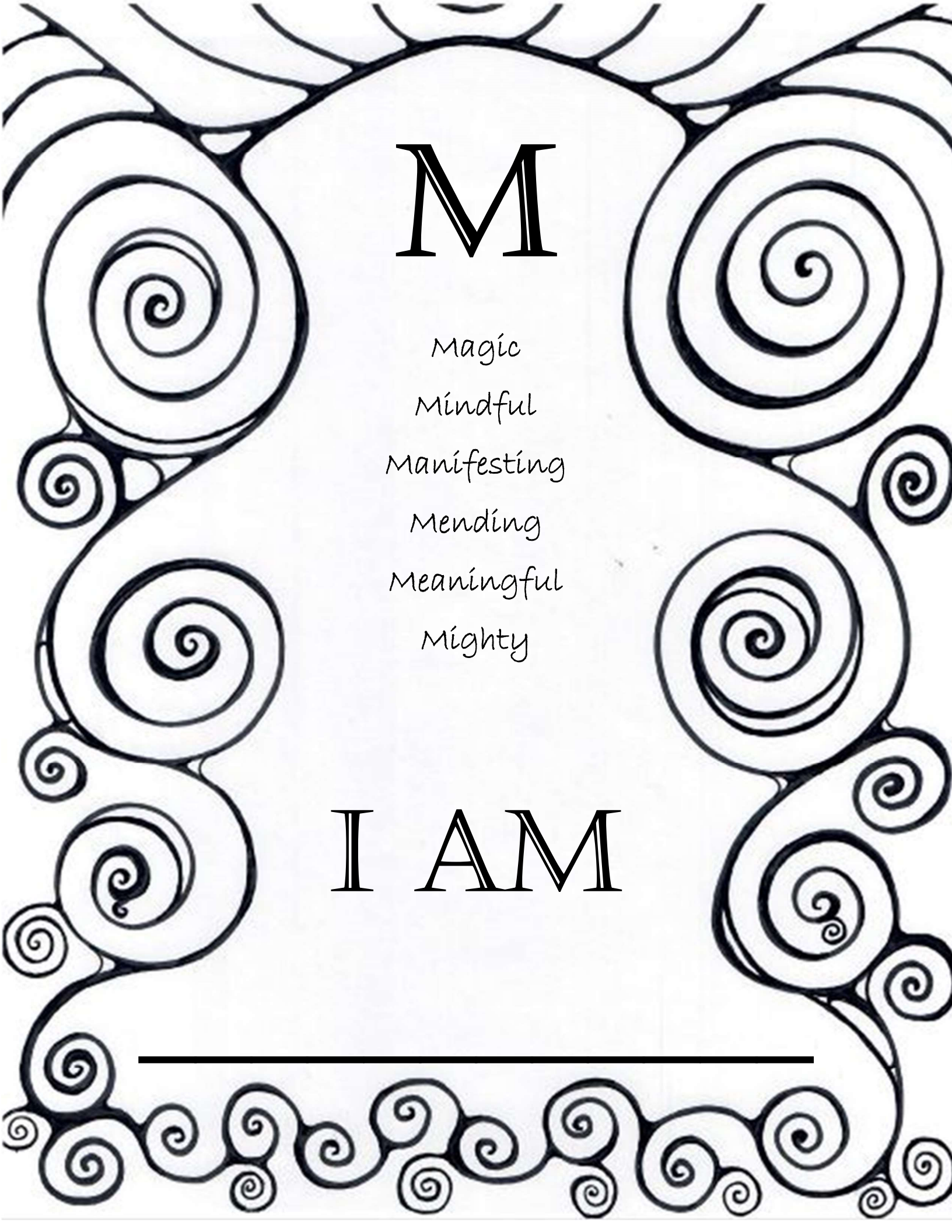
I AM



I

Loving
Loved
Living
Listening
Liberated
Legendary

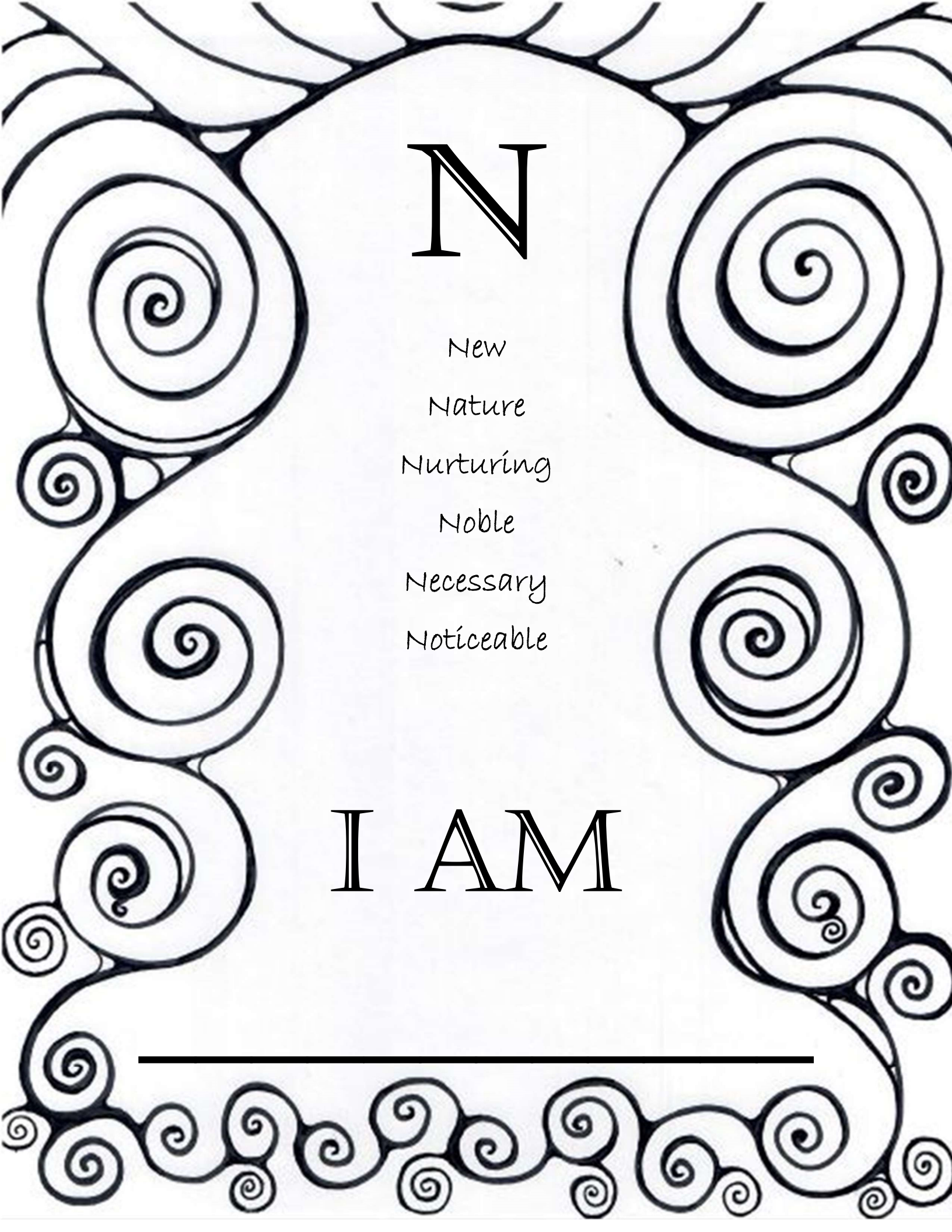
I AM



M

magic
mindful
manifesting
mending
meaningful
mighty

I AM



N

New

Nature

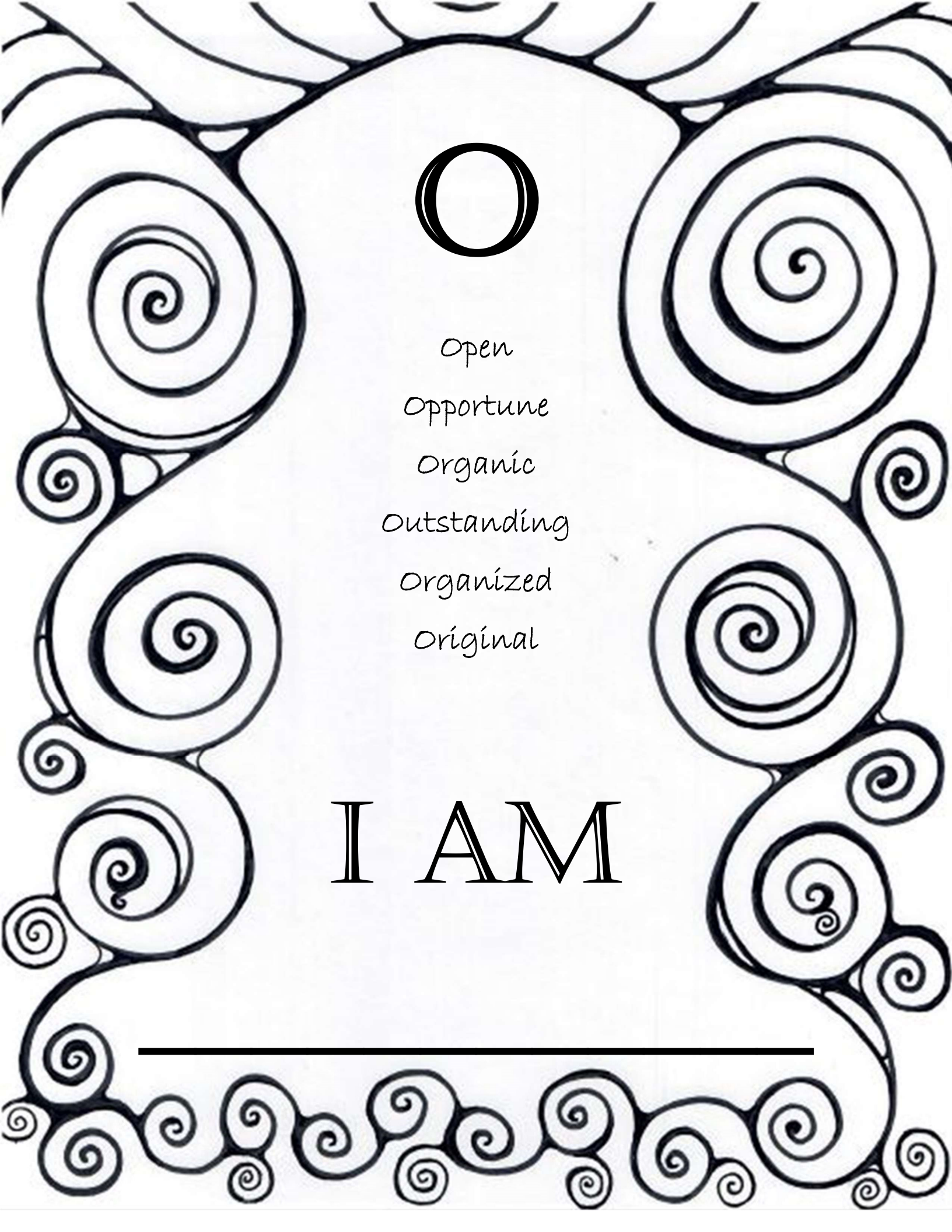
Nurturing

Noble

Necessary

Noticeable

I AM



O

Open

Opportune

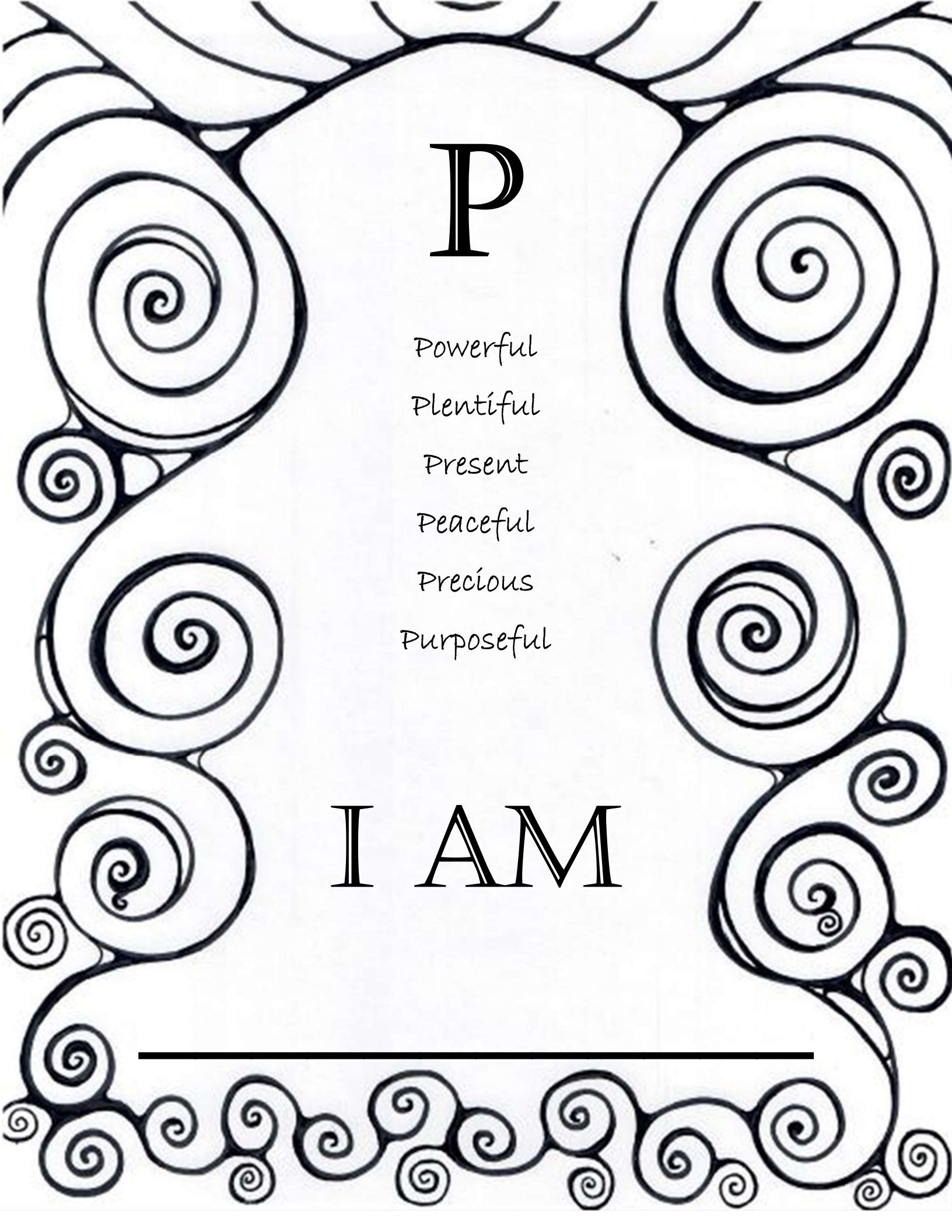
Organic

Outstanding

Organized

Original

I AM



P

Powerful

Plentiful

Present

Peaceful

Precious

Purposeful

I AM



Q

questioning

quiet

quality

qualified

quintessential

quite _____

I AM



R

Relaxed

Resilient

Rooting

Rising

Radiant

Remarkable

I AM



S

Strong

Sustainable

Spirit

Sensual

Smart

Spectacular

I AM



T

Trusting

Talented

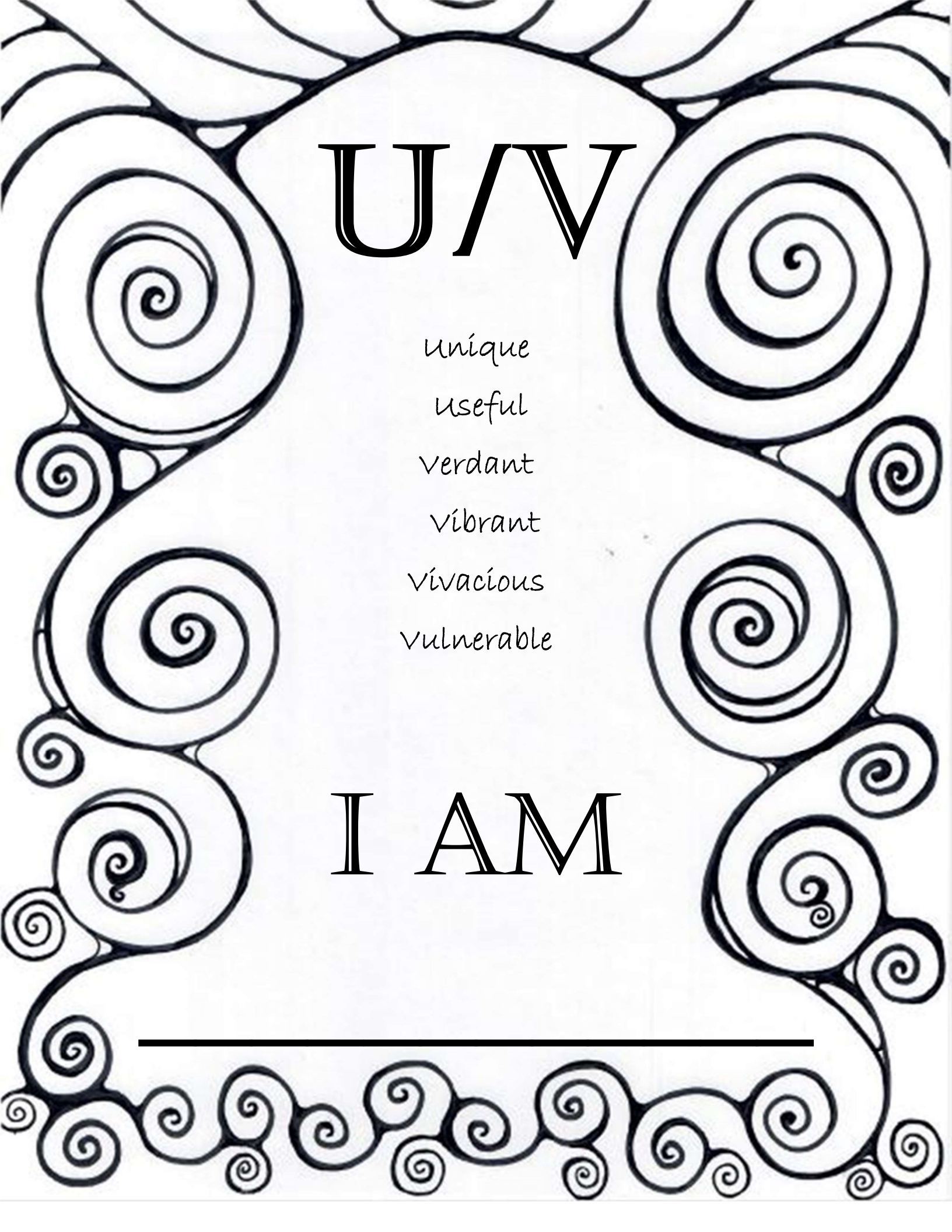
Tender

Thoughtful

Treasured

Thorough

I AM



U V

*unique
useful
verdant
vibrant
vivacious
vulnerable*

I AM



W

wild
wonderful
whole
weaving
wise
worthwhile

I AM



X I Y I Z

*excited
expanding
expressive
exciting
Yes
Zesty*

I AM
