

I AM Affirmations

When you are always focused on what you are NOT,
it's hard to identify what you are!

Use the below 'I AM' affirmations to explore the qualities and traits that you are/or have. Don't worry if they don't come easily, sit with it and be patient. Print out the fingerprint sheet on the next page and write the I am statements in between the fingerprint lines. Get creative, use coloured markers or pens.

I am worthy

I am loved

I am supported

I am bright

I am loving

I am fun

I am abundant

I am strong

I am a survivor

I am powerful

I am caring

I am curious

I am wanted

I am radiant

I am joyful

I am compassionate

I am patient

I am cherished

I am considerate

I am healthy

I am resilient

I am kind

I am treasured

I am talented

I am intelligent

I am playful

I am fun

I am wonderful

I am confident

I am grateful

I am a grounded

I am whole

I am unstoppable

I am generous

I am trustworthy

I am reliable

I am unique

I am valuable

I am mischievous

I am responsible

I am a mother

I am a sister

I am a grandmother

I am aunty

I am perfectly imperfect

I am perfect as I am

I am holy

I am awesome

I am connected

I am the sum of..

I am experienced

I am a work of art

I am special

I am following my...

I am persistent

I am hard working

I am courageous

I am bold

I am serious

I am a bad ass

I am sensual

I am wise

I am a rockstar

I am professional

I am a

I am



Email: amara.biggs@outlook.com

Web: www.theenergycentr.com.au

Facebook: facebook.com/theenergycentr

Mob: 0400 165 335

I am...

