



## Alphamations

have been a part of my I AM Path for many years. My I AM Path is one of many in which I continue to affirm myself with statements of who I AM and who I want to be. They are as easy as A-B-C and nourish the spirit in just a minute or two, even less sometimes. There are many ways (and useful place) to carry out Alphamations, and it can be a lot of fun, too.

## Affirming Self

is one of the most important things you can do, especially when on a Healing Path. Too often we blame ourselves, put ourselves down, shame ourselves, even hide ourselves because of painful things we have experienced. We may also blame others or look to others to affirm us, but this is something we have to do for ourselves.

Affirming Self is also important to maintain a positive mindset. It nurtures self-confidence, inner peace, and living in purpose.

**Alphamations** are using the alphabet to create sentences of affirmation.

Complete “I AM \_\_\_\_\_” with a word that begins with the letter A, then the letter B, then the letter C, and so on.

I AM **A**ware

I AM **B**eautiful

I AM **C**reative

These are all affirming words that feed our mind, body, and spirit. They instill self-worth and self-confidence. Affirming words may not be who we think we are right now but can be useful in achieving who or what we are becoming. We may not believe the words we choose but we say them anyway and trust we will get there.

Keep going through the alphabet...

I AM **D**elightful

I AM **E**xquisite

I AM **F**earless

X and Z may get a little tricky, try **X**hilarated, **X**alted, etc. Z is open – get creative).

For fun, **Alphamations** can be done with all nouns, all adjectives, all bold words, or even all humorous.

**Alphamations** can be very helpful during difficult moments – it helps me with my claustrophobia and having to be completely still as I lie in an MRI machine. They are also constructive when needing to pass time, like in the sauna at the gym or sitting through a boring meeting.

Use the **Alphamations Form** below and start affirming yourself right now to get started. After a while it will become automatic when your mind is quiet or when it needs distraction or simply when you need a boost to your mindset.

# ALPHAMATIONS FORM

Empower yourself with “I AM” Affirmations

	Enter a word here	Sample Words
LETTER	I AM...	
A		amazing, able, accountable, ambitious, awesome
B		beautiful, bountiful, bold, brave
C		content, courageous, conscientious
D		deep, determined, daring
E		energetic, enlightened, excited
F		friendly, funny, fascinating, fresh, feisty
G		good, grateful, gorgeous
H		humble, happy, helpful
I		imaginative, inspired, invaluable, iconic
J		jazzy, jubilant, joyful
K		kind, knowing, knowledgeable
L		loved, loyal, loud, lovely
M		magic, mindful, magnificent
N		nice, needed, noteworthy, natural
O		open, on-deck, organic
P		pretty, powerful, proud, patient
Q		quiet, quaint, quality
R		ready, resilient, real
S		sincere, sweet, spicy
T		trustworthy, talented, transformed, tough
U		unique, unmoved, understanding
V		visionary, valuable, velvety, veracious
W		wondering, wonderful, wise
X		Xcellent, Xcited, Xtra
Y		young, yearning
Z		Zealous, Zbest, Zbomb

Reprint this page as needed or simply affirm yourself in your mind. It's as easy as A-B-C!