

These I AM affirmations can influence the way you see yourself. An affirmation is the declaration of something that is true. Use them to battle negative thinking and encourage mindfulness. For example, if you find yourself thinking “I am ugly”, write down “I AM BEAUTIFUL”, and believe it! Everyone is beautiful in their own way, and that’s the absolute truth. If someone doesn’t agree with you, it doesn’t mean it’s true. Don’t let other people’s negative thoughts make you feel bad about yourself.

Below are some examples to draw inspiration from. Fill in the blanks on the next page with words that resonate with you. Words that make you feel good about yourself. Qualities that you’d like to improve upon and strengthen within yourself.

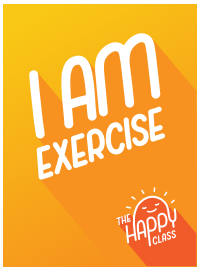
Once you’re done, put it somewhere you’ll see often. Read it out loud and imagine yourself embodying those qualities. If you believe it enough, it will become your reality. Practicing this often will help to activate a sense of courage and inner-strength. It will boost self-love, confidence and acceptance.

I AM traits

I AM **happy**
I AM **beautiful**
I AM **confident**
I AM **compassionate**
I AM **grateful**
I AM **kind**
I AM **strong**
I AM **patient**
I AM **enough**
I AM **worthy**
I AM **loved**
I AM **accepted**
I AM **creative**
I AM **courageous**
I AM **smart**
I AM **unique**

I AM phrases

I AM **stronger than I think**
I AM **beautiful in my own unique way**
I AM **worthy of wonderful things**
I AM **allowed to feel good about myself**
I AM **grateful for all the good things in my life**
I AM **patient and tolerant**
I AM **accepting of things I cannot change**
I AM **not the negative things I think**
I AM **not the negative emotions I feel**
I AM **learning to let go of fear and what others think**
I AM **able to overcome any challenge thrown my way**
I AM **not afraid to fail**
I AM **motivated to make positive changes in my life**
I AM **a powerful force for good in the world**
I AM **improving everyday**
I AM **a survivor**



I AM Exercise Worksheet

NAME _____

DATE _____

I AM _____

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