

Exercise Day 4:

I am statements.

I am is the most powerful phrase you can voice. When you say I AM, you are speaking this into reality...and you are claiming your power. Say it like you mean it!

Start with things that you know to be true about yourself.

Here are some examples of I am statements. Make up your own I am statements and affirm them over and over.

I am a leader. I am successful. I am inspired. I am me. I am calm. I am talented. I am courageous. I am capable. I am brave. I am powerful. I am limitless. I am thoughtful. I am optimistic. I am gifted. I am beautiful. I am blessed. I am strong. I am smart. I am happy. I am confident. I am observant. I am relaxed. I am kind. I am worthy simply because I exist.

Who are you? I AM...



21-day Self-Love Challenge

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