



I Am Statements

1. I am worthy.
2. I am happy.
3. I am blessed.
4. I am a blessing.
5. I am beautiful, inside and out.
6. I am strong.
7. I am patient.
8. I am resilient.
9. I am rich.
10. I am loved.
11. I am grateful.
12. I am compassionate.
13. I am making a difference in this world.
14. I am capable.
15. I am aware of my strengths.
16. I am peaceful.
17. I am abundant
18. I am deeply motivated to work towards my goals.
19. I am achieving more and more success.
20. I am taking time for self-care.
21. I am grateful that I understand what matters to me.
22. I am reliable.
23. I am loyal.
24. I am creative.
25. I am kind and caring.
26. I am feeling healthy and strong today.
27. I am a healthy and happy person.
28. I am grateful that my life is so happy and successful.
29. I am the creator of my best reality.

30. I am filled with gratitude and kindness for another wonderful day on this earth.
31. I am full of positive loving energy.
32. I am living in a state of gratitude.
33. I am grateful now, and that is keeping the door open for more blessings.
34. I am grateful for this moment.
35. I am grateful for the abundance in my life.
36. I am worthy of being loved, being happy, and doing what brings me joy.
37. I am joyfully embracing each new day with gratitude.
38. I am giving thanks for each exquisite moment.
39. I am appreciating every blessing, no matter how small.
40. I am grateful for my sense of gratitude.
41. I am living my life with awareness and gratitude.
42. I am finding gratitude and joy every day.
43. I am willing to be at peace with myself and everyone.
44. I am kind to myself and others.
45. I am surrounded by healing energy.
46. I am happy to be alive.
47. I am grateful for my body.
48. I am worthy of good health.
49. I am a willing participant in my own wellness plan.
50. I am open to new ways of improving my health.
51. I am vigorous, energetic, and full of vitality.
52. I am treating my body as a temple.
53. I am at peace with my body, heart, mind, and soul.
54. I am releasing all that is not in alignment with me.
55. I am worthy of beautiful endings and exciting beginnings.
56. I am grateful to others for the kindness they show me.
57. I am in the process of becoming the best version of myself.
58. I am grateful for another day to make a positive contribution.
59. I am learning valuable lessons from myself every day.
60. I am a beautiful, unique soul and I acknowledge that my existence and contribution to this planet are needed.