

The “I Am”... Statement

I am... statements can be very powerful. With these affirmations, it's not about what others believe about you but what you want to believe about yourself. Whether it's something you read aloud each day or add to your daily affirmations, the Bible says “Death and life are in the power of the tongue” (Proverbs 18:21) and with that, you can change how you feel and perceive yourself. It is this self-love that will exude outwardly and begin to influence and affect others (including yourself) in a positive way.

On the next page, begin to write your *I am...* statements. They can be anything from “I am pretty” to a self-proclaiming prophecy of “I am financially stable and saving money”.

Everyone has self-talk or chatter, that voice in your head that speaks to you daily that is 8 times out of 10 saying something negative like you are fat or you will never get out of debt. The *I am...* statement exercise was developed to silence that chatter with positive affirming and healing thoughts to replace the... negativity and noise.

