

20 Amazingly Powerful I AM Affirmations

20. I am enough
19. I am healthy
18. I am happy
17. I am wealthy
16. I am secure
15. I am worthy
14. I am positive
13. I am blessed
12. I am beautiful
11. I am grateful
10. I am confident
9. I am courageous
8. I am awesome
7. I am excited about today
6. I am fearless
5. I am compassionate with myself and others
4. I am talented and intelligent
3. I am loved
2. I am loving
1. I am lovable



The Shift:
from stressed
out to
blissed out