

a creative

i am affirmation  
page



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i  
am

# How to Use

## THE CREATIVE 'I AM' AFFIRMATION PAGE

- Sit in a comfy spot and play some meditative music (I find headphones work best for this exercise.)
- On a piece of paper or your journal write the words 'I AM' at the top of your page
- Under the heading write down all the things you are.
- The words should be positive and affirming words (there is a list below for inspiration.)
- In each beam of your rainbow affirmation page, write down a word that you wrote down in your journalling.
- For fun, write each word in a different font for each beam.

### SOME AFFIRMING WORDS YOU MAY WISH TO INCLUDE.

WORTHY

STRONG

JOYFUL

FORGIVING

BEAUTIFUL

LIMITLESS

HOPEFUL

BRAVE

LOVED

INSPIRING

SPECIAL

WILD

FREE

BLISSFUL

CREATIVE

AMAZING

OPEN HEARTED

VULNERABLE

EXCEPTIONAL

PROUD

BADASS

KIND

IMPERFECT

PURPOSEFUL

SOULFUL

SPIRITUAL

WHIMSICAL

EVOLVING

FUN

INTUITIVE

EMPOWERED

TENACIOUS

ETC....