

There is POWER in "I AM"™

Speak these affirmations, WITH FEELING, over yourself twice every day!

| | | |
|---|---|---|
| <ul style="list-style-type: none"> • I am blessed • I am prosperous • I am calm • I am healthy • I am talented • I am creative • I am confident • I am an overcomer | <ul style="list-style-type: none"> • I am secure • I am disciplined • I am focused • I am attractive • I am valuable • I am well-liked • I am fun to be around • I have favor | <ul style="list-style-type: none"> • I am the right weight • I am a champion • The right people are in my future • The right opportunities are headed my way • This is my year, my month and my day! |
|---|---|---|

Affirmations are an effective form of Cognitive Restructuring
616-805-8059 | michelle@ipvconsulting.com | ipvconsulting.com



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