

I AM AFFIRMATIONS

WITH SILVIA MORDINI

I am abundant.
I am courageous.
I am inspired and creative.
I am open-hearted.
I am passionate.
I am vulnerable.
I am funny.
I am adventurous.
I am generous.
I am loving.
I am beautiful.
I am wholehearted.
I am healthy.
I am eloquent.
I am powerful.
I am creative.
I am loved.
I am grounded.
I am secure.
I am me.
I am commanding.
I am wealthy.
I am joyous .
I am safe.
I am joyful.
I am worthy of all things wonderful.
I am a powerful creatrix.
I am love.
I am centered.
I am always supported.
I am confident.
I am ancient wisdom with a fresh mind.
I am a visionary.
I am open to all the wealth life offers me.
I am rooted in love.
I am open to give and receive love.
I am financially successful.
I am brave.
I am beauty shining from the inside out.
I am enough.
I am present. I am open. I am free.
I am on the right path.

What is an affirmation?

The word "affirm" means to validate or confirm. In the mental health world, affirmations are short, encouraging statements that you can use to create a more positive frame of mind.

I am an alchemist.

I am gentle.
I am radiant.
I am strong.
I am patient.
I am grateful for who I am.
I am compassionate.
I am a powerful force for good in the world.
I am worthy of making more money.
I am deeply fulfilled by what I do.
I am never alone.
I am beautiful.
I am wise.
I am growing.
I am mindful.
I am respected.
I am moving in the right direction.



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