



I AM

Affirmations for Health and Wellbeing
Success.



With Maria Jasmine

Repeat these affirmations every day for a minimum of 30 days
to transform
your mindset for success.

Take a deep breath and allow yourself to relax.
Speak each affirmation with intention, fully embracing its
energy and power.

AFFIRMATIONS:

I am calm.

I am peaceful.

I am light.

I am love.

I am worthy.

I am divinely guided.

I am safe.

I am limitless.

I am enough.

I am perfect.

I am transforming.

I am empowered.

I am strong.

I am determined.

I am healthy.

I am beautiful.

I am me.

It is done.

AFFIRMATIONS

For maximum impact on reprogramming your subconscious mind for
success.

Write your affirmations daily.

I am calm.

I am peaceful.

I am light.

I am love.

I am worthy.

I am divinely guided.

I am safe.

I am limitless.

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It is done.

WHY AFFIRMATIONS WORK:

When you declare “I AM,” you affirm your truth and step into alignment with your highest self.

Your words, paired with intention and consistency, can shift your mindset and transform your reality.

FOCUS OF THIS PRACTISE.

Mirror Work: Deepen your connection with yourself by stating your affirmations in front of a mirror.

Breath Focus: Release tension and welcome positivity by taking a few deep breaths before you begin.

Empowered Living: Step into your limitless potential by taking action from a place of empowerment.