

I am-Affirmations to build your dream life.

The start to great things

“I am,” The most powerful words in the Universe.

Use these affirmations every morning to kick-start and build your dream life.

I present to you these worksheets on affirmations. Use these affirmations to build a life that excites you and brings you more joy each day.

How to use these worksheets:

1. The first set of worksheets I present to you, the completed affirmations, you may print out and put it in a place that is most visible to you during the day. Preferably in your bedroom or bathroom mirror. Use these affirmations every morning, just as you wake up to kick-start your day and affirm the tone of your day. Try to feel good when saying these affirmations out loud. If you struggle feeling good while saying them, don't worry, you will feel good after some practice. After a few trials, try to feel grateful as though your affirmations are a reality.
2. The last worksheet I present to you is a sheet for you to create your own affirmations. You may also use this sheet to write down your daily Affirmations and Gratitude. You will note that I have not used the word “not” or any negative words in these affirmations. As the law of Attraction does not recognize these words. For example, using the words: “I am not poor”, The Universe hears: “I am poor”, so instead say: “I am wealthy.”

I hope that these worksheets bring you much joy and happiness as I have felt creating them. Sending you Love and Light,

Kavita Kooverjee
Finding Miracles.





Five Senses

I am grateful to see this beautiful world

I am grateful for each and every breath I take

I am grateful to eat and taste delicious food everyday

I am grateful for my ability to touch all the things I love

I am grateful to be able to hear all the most beautiful sounds

Health

I am healthy

I am healthy and fit

I have 100% health

I have a healthy heart

I am grateful for my health

I have a healthy immune system

Sleep

I sleep peacefully every night

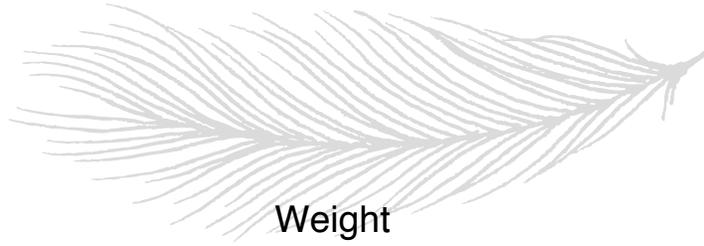
It is easy for me to fall asleep at night

I wake up feeling refreshed every morning

I am excited to wake up feeling fresh every day

Every evening I feel at peace and I am able to sleep well





Weight

I love my body

I am my ideal weight

My body is healthy and beautiful

I can eat whatever I want and still remain my ideal weight

I feed my body with healthy foods which keeps my body healthy

Fitness

Exercise is fun

I Love to exercise

I feel exhilarated and excited when I exercise.

I love feeling fit and healthy each and every day

I am filled with more than enough energy to feel fresh all day

Life

Life is amazing

I am living my best life

I am living my dream life

My life is fun and exciting

I am living an amazing life





Creating your Dream Life

My life is magic

I am worthy of my dreams

My dreams are coming true

I manifest my dreams easily

I can see my dreams clearly

I am the creator of my dreams

I am grateful to achieve all my dreams

I am grateful to experience my dream life

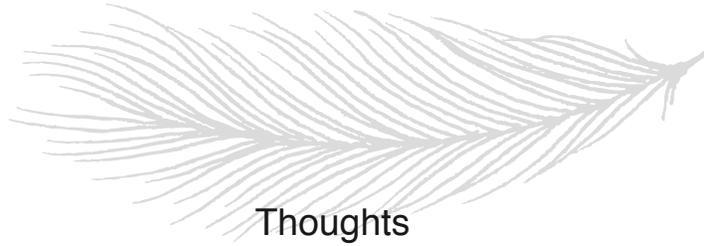
I have the ability to create my own dreams

I am grateful to conquer my goals

I am worthy of unimaginable success

Each and everyday my life is filled with joy





Thoughts

I think happy thoughts
I am in control of my thoughts
My mind is filled with positive thoughts
I am thinking more positive thoughts everyday
My positive thoughts are powerful and my negative thoughts are powerless

Belief

I believe in myself
My belief in myself is strong
I believe that all is well in my life
I believe that my dreams are coming true
I believe in my power to create an amazing life for myself

Wealth

I am wealthy
I am grateful for my income
Being Wealthy is fun and exciting
I have multiple streams of income
I love money and money loves me
I am in the flow to receiving more wealth
My wealth increases each and everyday
I have more than enough money to cover all my needs





Becoming Debt-Free

I love being debt-free

I am grateful to be debt-free

I am grateful to have money to pay my debt

I am grateful for the money I received when I needed it the most

Job

I am grateful for my job

So thankful for the miracle of my job

I am excited to go to work each and everyday

I am surrounded by kind and loving colleagues

I love the excitement I feel when I think about my job

New Job

I am grateful for my new and exciting job

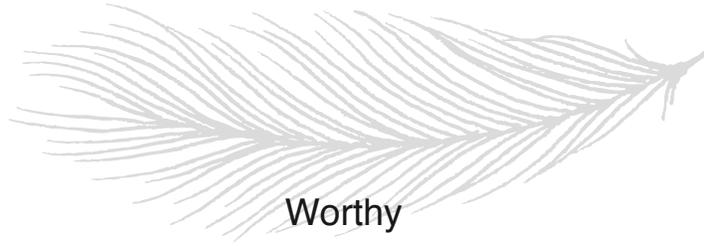
I am grateful for the money I am receiving from this new job

I am grateful for my new job which allows me to grow as a person

I am grateful for this opportunity to work in an amazing environment

I am grateful for my new job which allows me to excel to my highest potential





Worthy

I am worthy

I am worthy of kindness

I am worthy of my goals

I am worthy of great love

I am worthy of my dream life

I am worthy of wealth and prosperity

Relationships with people

I am loving towards people

I am surrounded by kind and loving people

I am surrounded by caring and helpful people

Love

I am love

I am loved

I am loving

I am loveable





Inviting Love

I am open to love

I am worthy of love

My heart is opening to love

I open my heart to great love

I am grateful to experience love

I am attracting love into my life

Relationships

I am in love

I am in a loving relationship

I love my partner and my partner loves me

I am in a loving relationship with my partner

My partner and I love and respect each other

I am grateful for the friendship I share with my partner

I am grateful for the romance I experience with my partner





Building your own Affirmations:

I am ...

I am.....

I am grateful for ...

I am grateful for

