

Make a list of 10 “I am...” Statements that you truly and deeply believe about yourself. Take your time. Fill them all up.

1. I am caring
2. I am brave.
3. I am beautiful.
4. I am intelligent.
5. I am unique.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Now that you’re done, place one hand over your heart and read each one out to yourself. Read them slowly, firmly, and clearly. Do this as often as you need to and embrace it.

Add as many more as you’d like to! You are worthy and you matter!