

# Speak Life over Yourself

*Write affirmations for each section. Set a timer for 6 minutes for each section.  
Write the same affirmation(s) repeatedly. Words are powerful, use them to create  
the life you love and to give thanks for all you have.*

*I am grateful... I am thankful...*

I am grateful for my beautiful family and friends.

I am grateful for my healthy body.

I am thankful to have money to pay all of my bills.

I am happy that I am able to freely follow my dreams.

I am grateful that today I can choose to change any part  
of my life that is not working.

I am grateful for my beautiful family and friends.

I am grateful for my healthy body.

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of my life that is not working.

*I am...*

I am important.

I am beautiful.

I am a money magnet.

I am calm and at peace.

I am focused and motivated.

I am important.

I am beautiful.

I am a money magnet.

I am calm and at peace.

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