

I Love Me

By Sheila Giardina

Repeating an affirmation or two in the morning is empowering. Affirmations give authority to our thoughts and open those thoughts up to a larger picture. Since I started using affirmations, they have replaced unnecessary, negative records. Replacing a thought is the quickest way to release an old habit.

My belief is that only good can come from this process. It becomes the means for reaching our true desire. I refuse to continue to brainwash myself with old, negative records. I decided our creator wants only for my happiness. Anything else was created in my imagination of old truths.

I choose to take responsibility for the new truths and thoughts in my mind. I choose to work at happiness as it is my inherited right! Through this process, I have become someone I like. I like being with myself. I cannot expect others to want to be around me, unless I love being around myself first.

I heard...

My inherited right is...

An affirmation I like is...

I am happy with myself because...

A prayer for our country is...

People I have in my prayers are...

Power Statement: To create a Power Statement, write something using all three of the Power Words below. In any form of the word. In one sentence or more.

Body

Fine-tune

Shift