

I AM //  
DECLARATIONS FOR A NEW YEAR //



a workbook

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## I AM.

*Affirmations sometimes seem silly, but they are a powerful way to create the life you want. Write 1-3 affirmations here and read them aloud to yourself as much as you can this month. Where do you need affirmation? Where do you feel tender? Start there. An affirmation can be anything from "I love myself" to "My thighs are perfect just as they are" to "I am living a life that I love filled with easeful communication and fulfilling relationships". The possibilities are endless!*

## **I SEE.**

*Look ahead at the New Year. What lies ahead for you? If you had a crystal ball, what would you see? If you could create anything you want this year, what would that be? Write some of these things down here. In writing, we help create what we crave.*

## **I KNOW.**

*What is certain in your life? What do you know about yourself that you can truly rely on...your strengths, your cleverness, your gifts. Make a list here. Add to it any time. What else do you know? Whatever comes up for you, write it down.*