

MANTRA/AFFIRMATION ALPHABET: "I AM..."

A

is for
AWESOME

B

is for
BRAVE

C

is for
CALM

D

is for
DETERMINED

E

is for
EXCITED

F

is for
FRIENDLY

G

is for
GRATEFUL

H

is for
HELPFUL

I

is for
IMPORTANT

J

is for
JOYFUL

K

is for
KIND

L

is for
LOVED

M

is for
MINDFUL

N

is for
NICE

O

is for
ORIGINAL

P

is for
POSITIVE

Q

is for
QUIET

R

is for
RESPECTFUL

S

is for
SMART

T

is for
TALENTED

U

is for
UNIQUE

V

is for
VALUED

W

is for
WONDERFUL

X

is for
XCELLENT

Y

is for
YOGA

Z

is for
ZESTFUL