



# I AM AFFIRMATION Guidebook

THE GUIDE TO CONNECT TO YOUR HIGHER  
SELF WITH YOUR WORDS!

This guide book features carefully crafted tools to help you become more aware of the power of your words and how to use them intentionally.

## What's Inside:

- ✓ The meaning of affirmations and how to use them.
- ✓ Creating affirmations to activate deeper connection within.
- ✓ An affirmations list to use daily to lift your vibrations.

## Bonus:

- ✓ I AM Guided Meditation Audio

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LaDonna PM  
PURPOSEFULLY MADE

Hey!!

I am so glad you accepted this gift! I am LaDonna PM- your very own Purpose Pusher. I am an Author, Soulpreneur & Media Host and I teach, inspire and create self discovery tools to purposefully made individuals like yourself. I have experienced powerful transformations in my life and I am astounded by the ways that we get to alchemize our pain into purpose on the path of personal freedom and awareness. This is one of the reasons why I created the **I AM Affirmation Guidebook**. In order to shift into my own empowerment, I had to first start with my mind- and *especially* the words I speak over my life.

On my journey of self discovery, I discovered baseline tools of mastery that really helped to sustain me at a time in my life when I was literally in a pit of despair. I was depressed. Feeling stuck in a career that left me feeling depleted and over worked. I felt hopeless in a marriage partnership that was toxic. I was searching for something to uplift me and from reading spiritual principles-I remembered a tool I learned as a pre teen learning fundamentals of higher consciousness. As I began to get a greater understanding of who I was and created to be and especially the meaning of "**I AM**" within me.

Friend, this guidebook was designed to meet you right where you are to help you understand how to access the divine inherent part of you that is connected to a higher power. It is your birthright to tap into of words of power and utilize them intentionally on the path to your purpose.

**Let's begin.**

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Let's start this guide by first exploring the amazing power of your words and how you can incorporate them into creating new realities into your life. The words we use and the energy behind them carries so much weight which is why it is so important to maintain a high vibrational intonation when using them. High vibrational in a spiritual aspect means fixating our mind and thoughts toward what the sacred text of the bible says in Philippians 4:8 (NLT) on what is true, honorable, right, pure, lovely, and admirable. It means thinking about things that are excellent and worthy of praise. The fact that you are uniquely made for a distinct purpose and meant to be a light in this world is worth fixating our minds on. And the words we use to do this matters greatly because speaking words of higher vibration starts in the mind and then those things that are formed in the mind become what we speak. And what we speak has the power to affirm life or death. Power or weakness. Success or failure. This is apart of the daily practice of mindfulness that this guide will help you attune.

One of the best examples of this power was shown in an experiment done by a author and pseudoscientist named Dr. Masaru Emoto. To learn more about the experiment he did, click [here](#) to watch the video. The study shows how words, prayer, intention and affirmation affected the molecular structure of water. By using positive and high vibrational words like 'love' were used, the water created beautiful crystalline patterns. When lower vibrational words like 'hate' were used, the crystals patterns were deformed and unstructured. I will leave you with this thought. If the human body is composed of 70% water, how do you think the energetic intention of words create a positive or negative impact?



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### What is an Affirmation?

**Affirmations:** defined as specific statements that help you to overcome self-sabotaging, negative thoughts. They help you visualize and create positive changes in your life. An affirmation might be a cute sticky note placed on your bathroom mirror that you see each day as a reminder.

Take a minute to think of some words you can use to create short affirmation phrases. Begin with:

"I have,"

"I am,"

"I trust/accept,"

"I am grateful for,"...etc.

I like to write affirmations in the present tense so that when they're repeated or read, it is as if I am already embodying this energy.

For example: I am confident. • I accept myself • I am abundant. • I embrace this day with joy. • I trust my intuition and heart to guide me. • I offer honor to others with every opportunity. • I am blessed.

### HOW TO USE YOUR AFFIRMATION.:

Write it out, print it out, hang it up. Study it. Write it on your bottle of water. Use it with prayer beads or a mala to repeat the word(s) over and over. Read it out loud, meditate on it's meaning in your life, your body, your relationships, your mind...etc. Discover every opportunity to remind yourself of the word or words you're using. The key is to repeat the affirmation out-loud and with FEELING every single day, multiple times per day. Think of this as a prescription for inner wellness: Give yourself a regular dose of these the way you would take a medication and your body will begin to absorb the benefits.

By doing these habitually, you begin to use a technique called AUTO-SUGGESTION'-which is simply tricking your subconscious mind into believing something you are trying to create in your life. Over time, it will become natural to replace the negative thought that come up with positive ones. On the next page you will find a list of specially curated affirmations to use. Print and laminate or post where you can see and recite as a daily prescription for mental and spiritual wellness.

# I AM ...

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I am love

I am enough

I am not defined by my past

I am filled with joy and appreciation for my life

I am free of any thoughts and beliefs that do not serve me

I am in perfect harmony with the universe

I am always supported

I am grounded and connected to divine infinite intelligence

I am abundant in every part of my life

I am free to be who I am with authenticity

I am a powerful being

I am inspiring

I am deserving of true joy

I am worthy

I am in love with my unique self

I am filled with peace and trust God to guide me

I am gentle and kind to myself

I am centered in truth and peace

I am not restricted by limited beliefs

I am one with the power that created me

I am incredibly capable to learn, grow and experience a purpose filled life

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### Bonus: I AM Meditation

The **BONUS I AM Meditation** included with this guidebook is a tool to help you connect with Divine Universal Consciousness that unites us all. The I AM Meditation incorporates some of the new words of power we have been creating with this guide. With intention, spend some time, connecting to the vibration of these powerful words that reframe how you experience yourself on this journey of life.

During your prayer and/or meditation time, I invite you to use this guide and Bonus meditation as an act of self and soul care, tending to your spiritual edification and changing your life with your mind and the words you speak.

Click on this [link](#) to connect you to the **BONUS I AM Meditation**. I pray this helps to edify the new version of yourself you are creating.

You can also use this handy tool included in the blog post "[Affirm Your Amazing Life](#)" as a useful way to align yourself with positivity.

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## Congratulations!

You have taken the first steps on your journey to self awareness by shifting your mindset and utilizing sacred words of power to affirm your identity with the I AM Affirmation Guidebook.

***"We rise by lifting others".***

**Robert Ingersoll**

You don't have to go on your purpose journey alone. If you are ready to pursue your purpose and walk confidently in it, join me for deep dive in the 21 Day Pursuing Purpose Journaling Challenge to get into the heart of your unique purpose with accountability, fun and support.

## Join today!



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