

**I AM One with My Soul.**

**I AM THAT I AM!**

**I Release All Stress,  
Anxiety, Fear and  
Self Sabotage. I Let it Go.**

**I AM Clear. I AM at Peace.**

**I AM Happy.**

**I AM Love. I Accept, Love,  
Trust and Forgive Myself,  
Others and Spirit.**

**I AM Healthy,  
Wealthy and Wise.**

**I AM True to Myself!  
I Speak My Truth with  
Love from My Heart.**

**I AM Grounded, Calm,  
Centered, Peaceful and  
Balanced at ALL Times.**

**Spiritual Growth Affirmations**

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