

THE POWER OF I AM

Everyday Positive Thinking

By

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FOREWORD

I AM DESERVING OF ABUNDANCE IN ALL FORMS,
IN ALL AREAS OF MY LIFE. NOT BECAUSE OF WHO I AM,
BUT SIMPLY BECAUSE I AM

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The Power of I Am

I AM DESERVING

I AM DESERVING OF ABUNDANCE IN ALL FORMS,
IN ALL AREAS OF MY LIFE. NOT BECAUSE OF WHO I AM,
BUT SIMPLY BECAUSE I AM

How many of us do not believe we are deserving of a life of abundance? A lot, I am sure! We often go through life thinking ‘other’ people deserve it more. Mothers don’t nurture themselves because they are taught that putting the needs of the family ahead of their own is the ‘right’ thing to do. Young people don’t aspire to chase their dreams because their parents told them, “People like us don’t get jobs like that.”

Those who have crept into old age wait patiently for the end because they don’t believe they are entitled to new beginnings. There are so many people, myself included, who have lived a life devoid of love, money, and happiness. Why? Because we were told at some stage in our lives, “You don’t deserve abundance.”

Do you believe you deserve abundance? I am not talking about the pot of gold at the end of the rainbow or a lottery win.

Do you believe you deserve to be loved?

Do you believe you deserve happiness?

Do you believe you deserve peace and harmony in your life?

Abundance isn't just about wealth; there are a lot of very rich people who don't live abundant lives. There are a lot of people 'existing,' going through the motions and settling for second best because they do not think they deserve anything better.

Say it out loud right now: "I deserve an abundant life!"

And why do I deserve it? "Simply because I am." I am a child of a loving Creator. I am a child of the Universe. I am unconditional love. I am all.

The simple fact that you were born entitles you to an abundant life. You don't need a degree, you don't have to look a certain way, you don't have to have the right friends, nor do you have to walk the road everyone else is taking. You are a divine creation deserving of abundance in all of its forms.

I know it's easy enough for me to write the words and for you to read them. But I also know it can be immensely difficult to 'believe' the words.

Belief requires a shift. Belief requires the old to be let go of and the new to be assimilated within. We must begin to 'KNOW' we are deserving rather than simply having the knowledge this is the case.

I am deserving of abundance.

Words are simply words without belief. Can you, right now, honestly say you believe you deserve an abundant life? Do you, deep down at the pit of your soul, believe you deserve happiness, love, and financial security?

I don't know about you, but up until recently I didn't BELIEVE I deserved any of these things, mostly because other people had told me I wasn't good enough, smart enough, pretty enough, and so forth.

So guess what—I didn't try. I didn't open my heart to love. I didn't follow through with my ideas. I didn't make the GOD choices that would have enabled me to live a life of abundance.

I settled for second best. I stayed in my comfort zone. I created for myself a world in which abundance was what other people had.

To deserve something according to the dictionary is to be worthy of it. So isn't this our first clue?

How much value do you place on yourself? How much self-worth do you have? Are you worthy of an abundant life? I would argue that the very fact you are taking a life-energy breath right at this moment means you are worthy. Creator didn't place you on the planet to exist, but to live—and to live with

abundance, with a full heart, a peaceful mind, and a joyful spirit.

I am deserving of abundance.

Try saying it out loud right now. Understand that an abundant life is not for the privileged few; we are all deserving and worthy of a life of abundance. Once you start believing this, you will bring more abundance into your life. It makes sense, doesn't it?

Perhaps first start by recognizing what you might already have in your life. Sometimes we are so focused on what the media has taught us we NEED to have in our lives to feel good about ourselves and our world that we do not SEE the abundance already in our lives.

We do not see the look of love in our partner's eyes because we are too busy looking at our bank account. We do not hear the echo of our children's laughter because our cell phones are constantly pressed to our ears. We are so BUSY moving on to the next moment that we neglect the one we are in.

I AM DESERVING OF ABUNDANCE

Say it. Believe it. Live it.

I AM WILLING

I AM WILLING. DESPITE MY FEARS, DOUBTS, AND ANXIETY, I AM WILLING TO LET GO, MOVE FORWARD, AND TAKE CHANCES TO CREATE THE LIFE I DESERVE.

I hopped on a plane ten years ago and came to Canada with nothing more than a suitcase. On hearing my story, people often remark, “Oh, I couldn’t be as brave as you were!” to which I respond, “I wasn’t brave; I was simply willing.”

I was willing to let go of my past in order to create a future. I was willing to take a chance on ‘me’. I was willing to believe in the Universe and the Creator. I was willing to take the next right step despite any anxiety I was feeling.

Was I brave or strong? Not really. I had never been overseas before and I was nervous and anxious. I didn’t know what to expect. The future was an unknown.

The one thing I was, however, was WILLING. There are a lot of people who do great things in the world who didn’t start out as brave adventurers. They were ordinary people who were willing to believe in their dreams and in themselves enough to take the step despite their fears.

YOU DON’T HAVE TO BE BRAVE, JUST WILLING.

Willing means being prepared to do something. It's a mindset. I am willing (prepared to) do this even though it will be hard for me. I am willing (prepared to) take the next step even though I don't have any guarantees of where it might lead me. I am willing.

How willing are you? Let's get real: is it simply that you lack the courage to do all those things you want to do? Or are you just not prepared to do them?

Sometimes we hold back because it's safer to stay where we are. Sometimes we don't try because we can't handle the idea of failing. Sometimes it's easier to blame other things rather than our unwillingness to step outside of our comfort zones.

Ever had that one big chair in the living room that you sink into, and it's so comfortable you can't bring yourself to move from it? We can create a life that is like that big chair, and sometimes we will use any excuse not to push ourselves up from it.

Are anxiety and fear real and debilitating at times? Absolutely. But at some stage you will need to move forward into a healthier life despite your fears. Again, it won't be a matter of being brave—it will be a case of being willing.

So when you think about being willing, you have to go back to this mantra:

I AM DESERVING OF AN ABUNDANT LIFE.

Because you do not believe these words, you will never have the willingness to push past the obstacles to create the life you desire.

Why would you face your fears if there wasn't a reward at the end of it all? For me, hopping on the plane to go to Canada meant a life of hope and possibly love. There was no way I was going to let my doubts and fears stop me from walking towards the dream of a better life. I was willing... I was prepared to do what it took to manifest my abundance. How about you?

Do you believe you deserve an abundant life and are you willing to do what it takes to create it?

Again, do not think I am minimizing your fears and anxiety, nor am I throwing a "Just do it!" at you. Creation can begin with baby steps—in fact, our world did indeed begin this way. If you are willing to take small steps every day, they will lead to bigger steps. As your confidence grows, your fears will lessen.

You DON'T have to be brave; you simply have to be willing. I am not trying to make you into someone else; you were always a divine child of unconditional love and greatness. I am not telling you that you need to jump out of airplanes, climb mountains, pack up everything, or move to another country.

But if you are willing to try, you will be able to manifest small changes in your life which could make a huge difference to the quality of the life you lead. If you are willing to push yourself out of your comfort zone, you will discover a side of yourself you never knew existed. If you are prepared to take a chance, you will discover a world of possibilities you never knew existed. The world has its door open to you—are you willing to walk through it?

I AM WILLING

Say it. Believe it. Live it.

I AM WORTHY OF LOVE

I AM A DIVINE CHILD OF A LOVING GOD, WORTHY OF LOVE IN ALL OF ITS FORMS. I OPEN MYSELF UP TO RECEIVING AND GIVING LOVE. I LOVE MYSELF AS UNCONDITIONALLY AS I LOVE OTHERS.

These are perhaps the hardest words for most people to say: “I am worthy of love.” We often listen to the words others tell us: “No one will ever want you,” “You aren’t capable of loving anyone,” or “You will never find a man/woman.” We internalize the messages of our past and form a belief which goes like this:

I AM NOT WORTHY OF LOVE

You were born without beliefs; those came later. So if you have this one, it didn’t come from God. You were bathed in divine love when you were born. Someone, somewhere, at some time, said something which made you believe you were not worthy of love.

Throw this belief out the window; it simply isn’t true. Everyone deserves to be loved. Perhaps you are attracting people into your life who treat you badly because you believe you deserve no better. Perhaps you are choosing to live a life by yourself, not because you want to, but because you don’t believe anyone would want to be with you. Throw all of this out the window. Start afresh with a new mantra:

I AM WORTHY OF LOVE IN ALL OF ITS FORMS.

Not only are you worthy of love, but you are also deserving of it, and you have to be willing to open your heart and let it in.

But the love I am talking about is the unconditional, respectful kind that honors you as a divine child of the Universe, not the unhealthy, destructive, no-boundaries kind that we call love but that isn't really love at all.

Love is one of the most misinterpreted words in our culture. The media attaches it to everything. We hear statements like, "If you love me, you wouldn't leave." So it becomes a weapon of guilt. People dress infatuation up as love. When we feel empty and lonely, we chase love as a way to fill the holes in our lives. This is not the kind of love you deserve.

You deserve a love which respects who you are.

You deserve a love which treats you as an equal.

You deserve a love which stands in your corner and has your back.

You deserve a love which encourages and supports you as you chase your dreams.

You deserve a love which lifts you up, not one that puts you down.

You deserve a love which grows stronger and deeper with the years.

You deserve an unconditional love, and when you find your partner, you will need to acknowledge that this is the kind of love they deserve too.

You are worthy of this kind of love. We all are. There are no special requirements to be met. You don't have to pass a test, look a certain way, practice a particular religion or faith, or meet some lifestyle requirement. You were born worthy of love in all of its forms.

It all begins with self-love. If you do not love yourself, you do not draw to you the love of others.

Believing you are worthy of love is the same thing as saying, "I love myself enough to allow someone else to love me."

You do not honor others if you close yourself off from being loved. It is such a beautiful gift to be able to love someone unconditionally.

I used to shy away from hugs, never used to ask for them or give them. I never used to be able to say openly, "I love you." I spent 14 years by myself because someone long ago had told me, "No one will

ever love you.” That belief, which I internalized, kept me from having an abundant life full of love. Turns out, once I began to love myself, someone else was able to come along and love me.

Don't let the words of others define who YOU are! Don't be like me and wait a lifetime to experience the joy of sharing and giving. Repeat after me.

I AM WORTHY OF LOVE

Say it. Believe it. Live it.

I AM ENOUGH

I AM ENOUGH. I DO NOT NEED TO BE MORE. I DO NOT NEED TO MEASURE UP. IN THIS MOMENT, RIGHT NOW, I AM WHO I AM MEANT TO BE: A DIVINE CHILD OF THE UNIVERSE, LOVED BEYOND MEASURE.

When we love and accept ourselves, we understand that we are enough just as we are. Often we spend our lives trying to be more—as defined by society, the media, or the people who surround us.

We seek out jobs which do not fit us but make us feel like we have status. We get into unhealthy relationships because we believe being with this person will make us more in other people's eyes. We take on projects which do not align with who we are. We bring more and more into our lives trying to prove our worthiness.

We become obsessed with weight, with beauty, with making ourselves into what we 'think' will make us more attractive to others. We lose sight of who we are—who we are deep inside. We lose sight of why WE were put on this planet. We forget the 'why' of our own lives.

I used to be this person. I was so thin you could see straight through me. I was constantly hanging on the words of 'perfect people,' trying to gain the 'thing'

which would make people like me more. I was out of tune with who I was: the divine, spiritual ‘I.’

I didn’t think I was enough just as I was. I spent my life wanting to be more.

I AM ENOUGH

It took a lot of years to understand that, even on my worst days, even on my snotty-nose sick days, even on the days when I am grumpy, sad, or unable to find the right words—I am enough.

I do not need to measure up to invisible rulers of perfection. I do not have to chase images of beauty or jobs which are not my passion.

I simply need to be me. I simply need to be happy being me.

If others choose not to see the awesome that is you, that is their issue, not yours. Being happy is an inside job; what you do on the outside will have very little to do with it.

It is great to want a better job, want to change your hair, want to put on nice clothes, and look attractive. There is nothing wrong with this at all—if it aligns with who YOU are and where you wish to be. But if you are doing it to change how people look at you, then you might want to rethink your gameplay. Perfection is a human concept, not a divine one. If

someone had decided all those years ago that big noses were the new ‘thing,’ everyone would be having plastic surgery to make their noses bigger today. See how silly it is.

You have to know deep in your heart, right now in this moment, you are enough. You are worthy of love and abundance. You are deserving of happiness, joy and peace.

People who die by suicide often have this sense of self: “I am not enough. No matter what I do, I will never be good enough. No matter what I do, it will never be enough.”

This is what you need to hold onto—you were enough from the moment you were conceived. The Creator makes divine, one-of-a-kind miracles; you were never meant to be ‘someone’ else. And whether you know it or not, you are a very important part of Creator’s plan.

We all have a purpose. We all have a role to play. For some, this role will lead to applause and pats on the back, and for others it will not. Your role is to be the best you that you can be. Nothing more. And when you align yourself with your purpose, with who you were born to be, you will soon discover you are enough just as you are. The secret to being happy is having this very basic belief:

I AM ENOUGH

Say it. Believe it. Live it.

I AM GRATEFUL

I AM GRATEFUL. I AM BLESSED TO HAVE A NEXT BREATH. I AM SO BLESSED TO HAVE THE GOD-GIVEN ABILITY TO MAKE A DIFFERENCE IN THE WORLD. I AM GRATEFUL FOR ALL MY BLESSINGS, BIG AND SMALL.

We live in a society which leads us to believe we never have enough. There is always a better model, a newer edition, or another fad which is a must-have.

We are not encouraged to be grateful for what we do have, but regretful about what we don't have. When I was a single parent, I really wanted a BBQ but couldn't afford one. Then one day my friend said, "I just bought my mother a new BBQ. Would you like her old one?" I didn't hesitate, saying, "Yes, please!" It didn't matter to me that it wasn't a new BBQ; I was so over the moon to be getting one at all!

So many people would have said, "No thanks, I only want a NEW BBQ!" If you are always looking at what you don't have, you will never see what you do have—or what it could become. That secondhand BBQ gave me a chance to invite friends for a meal and created so many wonderful memories for us.

Gratitude brings with it peace. If you have a life in which you are grateful for the small blessings, you will be a lot more at peace than if you went around moaning about what the Universe isn't giving you.

There is always something to be grateful for—the fact that you are still breathing, for one. There are a lot of people who are about to take their last breath. Ask a person who has been deaf since birth how it feels to hear for the first time. Or ask a colorblind person what it feels like to see a rainbow in its true colors for the first time. There are always moments to be grateful for.

The reason we do not see these moments is because we are rushing past them to get to the next moment. If you stopped and paid attention to your life and the world around you, it would surprise you how much there is to be grateful for.

In the darkest of hours, there is always a tiny flicker of hope. The problem is society has taught us only to be grateful for ‘stuff,’ for ‘things,’ which is convenient for corporations but not so good for souls.

The things which nourish our souls are often overlooked: smiles, hugs, laughter, good friends, the bonds of family, the joy of children, the appreciation of a stranger when you say, “How are you?” or the gratitude of a homeless man when you throw a coin in the hat.

How can one not be grateful for such things! It is ironic that it is the last breath which awakens us to the things of value.

I AM GRATEFUL

We take so much for granted as we walk through life with a sense of entitlement. But again, it's the moment of the last breath which reveals all that we should have been grateful for.

And there is so much...

The loving care with which your parents raised you.

The hand of friendship which was extended to you.

The taste of your favorite food and the way the sun sets in the evening.

The first time your eyes connected with those of your newborn.

The smell of coffee in the morning and the way your dog waits for your arrival home.

The feeling of fresh sheets on a newly made bed.

The touch of your lover saying, "It's okay. We will do this together."

I could go on and on, and each person will have their own unique blessings.

Gratitude opens your heart so peace may fall
in.

Gratitude opens your eyes so grace may find a
home.

Everyone should start their day being grateful
for the life-energy breath they take as they awaken.
Instead of looking at your life and looking for what
isn't there, open your eyes and start looking for the
blessings which are there.

And please do not say there are none, because
this only means you are not looking hard enough!

I AM GRATEFUL

Say it. Believe it. Live it.

I AM AT PEACE

I AM AT PEACE. IN THIS MOMENT, RIGHT NOW, I AM AT PEACE WITH WHO I AM AND I AM AT PEACE WITH WHERE I AM. I NEED NOTHING MORE IN THIS MOMENT, AND I NEED TO BE NOTHING MORE.

A happy man can be happy anywhere. This ties into knowing you are enough and being grateful for what you have.

All of the above will bring you peace. You can be in the middle of a hurricane and still be at peace. You can be in the middle of chaos and still be at peace. It's a state of mind and heart, not about what is happening around you.

Knowing who you are means you aren't going around chasing the approval of others. Being able to accept yourself, warts and all, in this moment means you are not fearful of being found out.

Being at peace with where you are in your life doesn't mean you are giving up or not going to try and improve your situation. It simply implies acceptance. This is where I am, and that's okay. It doesn't have to be where I end up.

You can be grateful for what you have and still have dreams. You can accept who you are and still seek to improve. One doesn't cancel out the other.

By definition, being at peace is being free from anxiety and stress. And what stresses us out the most is not believing we are enough and not thinking we have enough. So it makes perfect sense that accepting who we are and where we are would bring us peace.

I AM AT PEACE

I am not trying to be someone I am not. I am not trying to push the pieces of life together. I am allowing the Universe to bring into my life the people and things which I need. I flow from one moment to the next knowing I am where I am supposed to be right now.

The more you struggle against the tide, the more it will feel like you are drowning. The more times you look in the mirror and look away not liking what you see, the smaller your self-esteem will get.

Take a breath. Look in the mirror and say, "I am enough," and mean it. The only time you will ever feel that you are not enough is when you are comparing yourself to others. People aren't meant to be the same; it was never Creator's plan to clone the human race. It's our flaws which create our character and strengthen us. There is no universal ruler of perfection by which you are being measured. Repeat after me: "I am at peace with who I am."

Your life will always have ups and downs; it's the same for all of us. It may be difficult at times, and

it may be messy. But at some stage we have to accept our circumstances and be at peace with them. Again, this doesn't mean we can't aspire to change them. But when we are at peace, it enables us to make better decisions and enjoy the moment more. Too often we battle against our circumstances rather than accept what is. People have the mistaken notion that accepting where they are means they will stay there forever. Not so. Anyone's life can change in an instant.

We are simply choosing to be at peace with where we are and what is happening.

And this peace will allow us the strength to walk through whatever lies in front of us. Peaceful people don't expend a lot of energy. The Dalai Lama is a perfect example of a peaceful energy. No matter what is happening around him, he has an aura of peace and calm.

If you are always complaining about your world, always wanting to be elsewhere, always comparing your situation to that of others, you will never be at peace. You will always be anxious and stressed. Take a breath and know there is a purpose to your journey.

Being at peace means not stressing out about things. It's an inner calm which falls over us no matter what storms rage outside of us.

I AM AT PEACE

Say it. Believe it. Live it.

If you are enjoying this little book please leave a review [here](#)!

I AM WISE

I AM WISE. I LEARN FROM MY MISTAKES AND GROW.
I SURROUND MYSELF WITH THOSE WHO ENCOURAGE AND
SUPPORT ME.

Age doesn't make you wise; there are a lot of old people making silly mistakes. Knowledge doesn't make you wise; there are a lot of smart people making silly mistakes. What makes you wise is not how many experiences you have, but what you learn from them.

It's how awake you are and whether you are observing and absorbing what is happening around you. Wise people stay in the moment—they are not living in the future or dragging themselves through the past.

Wise people are the ones who fill up their spiritual toolbox before the storm and do not need to go searching for the light when things go dark.

When someone says, "He is very wise," they simply mean that person has a 'knowing' about life which others do not. Often we get lesson after lesson thrown at us by the Universe, but instead of learning from them, we try to run from them.

We don't take the time to figure out the 'why' of things. Our relationships break down, and rather than ask why, we chase after someone to take the place of

the person who just left. We don't get the promotion we wanted, and rather than ask why, we make it our mission to make everyone miserable with our 'I am so hard done by' tales. We lose our money in a shady deal, but rather than ask why, we run out and do the same thing again, hoping to recoup our losses.

Wise people ask why. I didn't get the job; was it because of something I am not doing? My spouse wants a divorce; am I missing something within the relationship? I always seem tired; maybe I should get my health checked.

Observe, learn and grow. It's the growth cycle of a wise person.

Wise people also know how important it is to have a strong support system around them. They nurture their relationships, feed their friendships, and maintain healthy and strong bonds with all who surround them.

They draw people to them who encourage and support, not those who tear down and walk away. They know that when the storms come—and they will at some stage—these are the people who will have their back and walk beside them.

I AM WISE

We all make mistakes, every one of us. But not all of us learn from them. Not all of us take the time to

step back and have a really hard look at what happened. Sometimes it's because we fear what we might see if we did. Nobody wants to find out they made bad choices, nor do they want to see something in themselves which might not be that attractive.

But wise people do not hesitate to look deeper because they know that with knowledge comes understanding, and with understanding comes growth.

Wise people are those who do not live their lives according to others but find their own pathway. They know who they are and where they need to be, and they are not sidetracked by distractions.

Wise people also know they will not be wise every single day of their lives, so they are wise enough to put some self-forgiveness in their pocket for such occasions.

I AM WISE

Say it. Believe it. Live it.

I AM RESPONSIBLE

I AM RESPONSIBLE. I TAKE CARE OF MY OWN WELLBEING. I OWN MY WORDS AND THE CONSEQUENCES OF MY ACTIONS.

Being responsible is being accountable for the things under your control. Yep, you could say it's pulling your big girl/boy pants up.

Often we hand responsibility for our choices over to others. I see it often as a Psychic, where people want me to give them answers so they do not have to take responsibility for what might happen.

Being responsible means taking control of where our lives are heading. It's taking ownership of what we say and what we do rather than blaming things on others or on situations.

If my weight is causing health issues, it's up to me to find a way to lose it. If my smoking is ruining my chances at a long life, it's up to me to seek the tools I need to quit. If I am in a job I hate, it's up to me to find options which will enable me to get a better job.

I am responsible for my choices and where those choices will lead me.

How responsible are you? Do you know where your money goes? Do you look after your health? Do you make choices which align with your highest good? Or do you hand things over to others simply to be rid of the burden of responsibility?

So here is where the 'I am wise' comes into it. Wise people know that, to create a life of abundance, you have to hold yourself accountable and be responsible.

You have free will, and it's not the Creator's job to give you a full life; it is your job to create one. And you can do this when you take control of where your life is heading.

I AM RESPONSIBLE

Some people run from their responsibilities. They hide behind alcohol, drugs, food and work. Some blame others for their choices.

No one else is going to hold you accountable for the choices you make. It has to be you!

No one else knows who you are and what your life's purpose is. No one else knows what will make you happy or sad or bring you joy. No one else knows what success, happiness, and abundance look like to you.

The best person for the job is you! You have to take responsibility for your life. You have to make choices which align with who you are and you have to hold yourself accountable for your words and actions.

Free will dictates that we take ownership, take the wheel, and steer our ship where we want it to go. And we start with these words:

I AM RESPONSIBLE

Say it. Believe it. Live it.

I AM BEAUTIFUL

I AM BEAUTIFUL. MY SOUL IS FULL OF PEACE AND GOOD WILL TOWARD OTHERS. I RADIATE HAPPINESS AND POSITIVE ENERGY.

Often when we look in the mirror, we do not see our inner soul but our outer covering. We see all the things we are not rather than all the things we are. Our culture conditions us to compare ourselves to others. Is our butt big enough? Do we have a six-pack? How do we get rid of wrinkles or sagging skin?

But you can have the most beautiful body and/or face and have the ugliest of hearts. And it will show, no matter how hard you try to hide it.

You often hear people say, "He/she is a beautiful soul." Beauty as a divine concept is all about energy. What energy are you putting out into the world?

I am beautiful. I give of myself when needed. I am kind, generous and forgiving.

I am happy for the success of those around me, not bitter and envious.

I am careful with my words, using them to uplift and inspire. I do not gossip or spread rumors.

This is true beauty, the inside kind, which shines outwards and draws people to you.

You can worry about how ‘pretty or handsome’ you are. You can fret about growing old and not having the physical body you used to have. You can buy all the creams and magical cures, but they won’t make you beautiful.

When we look into our partner’s eyes, we don’t see the outside. We see the beauty they possess within. We see the woman/man who had our back in our darkest hour. We see the person who helped raise our children. We see the smile which tells us we are loved. We see the beauty of their soul.

I AM BEAUTIFUL

Beautiful souls radiate love for their fellow man. They are full of compassion and kindness. People want to be around them because they do not focus on what they don’t have but on what they do have. In other words, they are a joy to be around.

You are at your most beautiful when the light of the divine is shining through you.

Rarely do we acknowledge this type of beauty within us. But we should! The outside us is nice to look at but the depth comes from what is inside.

When you look in the mirror, smile at yourself. Smiles are the most important part of anyone's face. They welcome, they reassure, they put people at ease, and they say, "It's going to be okay" or "You are going to be okay."

You have a beauty which runs deep; you do not need to compare yourself to others. You do not have to measure up to the impossible standards society places upon us.

Just continue being you—you, the kind, generous, compassionate, and giving you. Put out positive, encouraging thoughts. Align your words and actions so they bring only light and love into the world.

I AM BEAUTIFUL

Say it. Believe it. Live it.

I AM FLEXIBLE

I AM FLEXIBLE. NO MATTER WHAT CHANGES IN MY WORLD, I AM READY AND ABLE TO ADAPT TO ANY CIRCUMSTANCE.

How open are you to change? How willing are you to shift positions, reassess beliefs and stretch out of your comfort zone?

A lot of people like where they are, even if they aren't happy there. They are set in their ways, can't or won't see things from other perspectives, and have the flexibility of an iron rod.

There are people who lose life partners because they refuse to give an inch and have any sort of flexibility within the relationship. There are people who lose jobs when policies change and new ways of doing things are introduced. There are people who lose businesses because they refuse to change with the times.

Flexibility is important. You see trees bend in the wind all the time. No matter how strong the storm, they do not break. We humans need to develop the same ability to bend to the winds of change.

I AM FLEXIBLE

You are not giving up anything by being flexible. You are more likely to get what you want when you can accommodate other people's needs as well as your own.

Being in a relationship requires flexibility. There will be days when you will need to shift your position. There will be days when you will need to adapt your beliefs. There will be moments when your plans will have to change. And your ability to do this will determine how strong the bond with your partner will be.

To build your dreams you will need to be flexible. There will be obstacles which will require a change of direction or roadblocks which will require you to turn back and start again.

Life is full of moments which require flexibility. Those who survive the storms of life are those who can adapt to changing circumstances quickly and painlessly.

Put a flat piece of hard cardboard vertically in front of a fan. Feel the force of the wind as it pushes against it. Now hold a piece of paper in front of the fan. Notice how it bends and allows the air to flow over it.

When you have an argument with someone and you dig your heels in, not wanting to bend, what

happens? The other person pushes back harder, don't they?

We are meant to flow with life. We are meant to give a little. Beliefs are not meant to be set in stone but adapted to suit changing circumstances. We are meant to be learning and growing until the day we die.

There will be times in your life when you will need to bend. There will be moments when you will have to change the way you think and the way you do things. Smart people realize this is a good thing and flow with it. Stubborn people resist and are often broken down by the storms of life.

I AM FLEXIBLE

Say it. Believe it. Live it.

I AM JOYFUL

I AM JOYFUL. I DELIGHT IN THE SMALL THINGS IN LIFE AND FIND HAPPINESS WHEREVER I CAN. I FEEL ALIVE.

Being joyful is difficult for a lot of people. It's a busy world with lots of pressure and stress. We tend to get wrapped up in the adult seriousness of it all and lose sight of the little things which bring us joy.

We are having fewer and fewer 'smell the roses' moments, where we take time to simply be happy. How often do you have 'take your shoes off and jump in the puddle' moments? Not often, I bet!

The ability to be joyful and happy is a life skill which needs to be practiced often. As odd as it sounds, you can forget how to feel alive.

We don't allow our inner child out to play, keeping that belly laugh or childish giggle inside. We could learn a lot from children about being in the moment and enjoying the simple things in life.

Some of us were raised to believe adults don't express emotion, which is a complete untruth. Some of us are told we are being 'silly' and to grow up. We suppress our happiness instead of letting it show.

I AM JOYFUL

Happy people find delight in the small things in their world. They laugh over silly mistakes and chuckle over mishaps. They squeeze every ounce of joy they can out of every moment.

To do this requires you to be in the moment. We miss so many opportunities for joy because we are rushing on to the next moment while we are in this one.

Take a breath... soak in what is happening around you. Observe, taste, and devour every second of this beautiful life.

Now, it's true you may have challenges and struggles. Financial, physical, or emotional hardships can leave you feeling drained and sad. But it is not true that happiness and sadness cannot be in the same room together.

If you are grieving the loss of a loved one, you can celebrate their life at the same time. If you are struggling financially, you can still afford a laugh or a smile. If you are emotionally bankrupt, the best currency to have on hand is happiness.

Have you ever been really sad and your child has done something silly which has made you laugh? Do you remember how much lighter the burden felt afterwards? This is what finding joy in life does: it lightens the load.

We all need a big belly laugh to release the stress we have been under. We all need to giggle endlessly with our friends to allow our bodies to release our anxiety. We all need to smile at the little things to help us cope with the big things.

We should all keep a happiness jar and write little notes to ourselves every day about the joy we have found in the moment. We need to have a list of things which make us happy, and we need to do at least one thing off the list each day.

Joyful people are looking for the happiness in the moment. They are not looking for the doom and gloom. It's a mindset which is easier to cultivate than you think.

You simply have to WANT to see the good in the world, the beauty, and the awesomeness of life. You don't want to merely exist from moment to moment. You want to be fully alive, enjoying each moment.

You may say, "That's not my personality." Well, it's got nothing to do with personality. We all have a God-given ability to be joyful and happy. It's a choice.

I AM JOYFUL

Say it. Believe it. Live it.

I AM VALUABLE

I AM VALUABLE. I AM PART OF THE CREATOR'S DIVINE PLAN. THE IMPRINT I LEAVE ON THIS EARTH WHEN I LEAVE IS IMPORTANT.

I am enough, I am worthy, I am valuable.

As humans, we all seek validation of our worth. We have a need to know our existence amounts to something. We seek validation from our peers, partners, friends, and even strangers at times. We create, make, and share with others and hope for some acknowledgement of our efforts.

Yes, there are the enlightened few who manage to walk through life not needing to be validated, but most of us need to know we count in some way.

But before we start, we need to define for ourselves what being valuable means. As a divine child of the universe, you were already valued before you were born. You may have lost that sense of worth as you grew into an adult, but it doesn't mean you aren't an important piece of Creator's puzzle.

I am of value because I have something to offer this world to make it a better place and so do you!

Whenever you are feeling down and lost, remember the ways you make an imprint in the lives of others.

That smile you gave the stranger at the bus stop may have stopped him taking his bad day out on his children when he got home. The joke you told which had your friend laughing out loud may have helped them release the emotion of a bad breakup. The time you paid for the coffee of the person behind you may have given them an extra few cents for a sandwich. The visit you had with your grandma in the nursing home may have helped ease her sense of loneliness.

ALL of us, in a million different ways, make a difference in the lives of those around us.

I AM VALUABLE

You may not put a lot of value on the small things you say and do; however, they can make the difference between a bad day and a good day for someone else.

Everyone has value and worth, even those who have made mistakes and gone down roads they should not have.

It is easy to put yourself down. To have self-talk which goes something like this:

“I will never amount to anything.”

“I am a nobody.”

“I am of no value to anyone.”

But remember, the moment you took your first life-energy breath, you had value to someone—the Creator. And you are very much a loved child of the Universe, whether you know it or not. You need to reconnect with your soul voice and start aligning your words and deeds with who you aspire to be.

This is not about proving anything to anyone. In your last breath, the only opinions which will count will be yours and the Creator’s. Only YOU need to know you left your imprint on this Earth by living the abundant life you were meant to.

You are valuable because at any moment, on any given day, you have the God-given ability to make a difference, not only in your own life but also in the lives of others.

I AM VALUABLE

Say it. Believe it. Live it.

I AM CAPABLE

I AM CAPABLE. I HAVE THE SKILLS AND ABILITY TO ACHIEVE MY DREAMS AND GET THE JOB DONE.

How capable do you believe yourself to be? It may seem like a strange question but a lot of people have no confidence in their abilities. They do not push themselves beyond their comfort zones. They don't try new things or dream big.

Believing in yourself is essential if you are to manifest a life of abundance.

We are a lot more capable than we give ourselves credit for. A dose of self-confidence is all we need.

We are the little train going up the hill, going, "I think I can, I think I can." We need to be the spiritual warrior exclaiming, "I know I can, I know I can!" Belief is 90% of the battle.

Maybe you don't have all the skills you need, but you are more than capable of learning new things and adding to your toolbox.

I AM CAPABLE

You are more than capable of creating the life you deserve. You are a divine, one-of-a-kind miracle,

and you have the Universe on your side. Don't hide behind excuses and old beliefs.

Maybe someone told you that you couldn't do it. Maybe you believed them. And maybe it's now time to prove them wrong.

You absolutely, without a doubt, have what it takes to do what you were put on this Earth to do. Deep inside, there is a soul voice saying, "You've got this!"

We tend to tell ourselves stories about our abilities such as:

I couldn't do that. I am not smart enough.

Can't teach an old dog new tricks.

Why bother? I wouldn't be able to do it anyway.

That is way out of my comfort zone.

Most of the time we talk ourselves out of doing anything above our normal activities. What if we tried and failed—what then? It's more about mindset than skill set.

We are all different, so it stands to reason that the things we are capable of will vary. BUT—and here's the important bit—how we do it may differ, but

our ability to do it is the same. And I am talking about creating change and manifesting a life of abundance.

“I can do this” sounds way more impressive and self-motivating than “I think I can do this.”

“I’ve got this” implies a lot more confidence than “I might be able to, but don’t count on it.”

The amount of belief you have in your abilities determines how capable you are going to be. You really do need to be your own cheer squad. You need to be in your own corner cheering yourself on. Only then will you push yourself past limits and into a future you could only dream of.

I AM CAPABLE

Say it. Believe it. Live it.

I AM BLESSED

I AM BLESSED. I OPEN MY EYES TO THE MIRACLES WHICH SURROUND ME AND SEE HOPE WHERE OTHERS SEE DESPAIR.

Sometimes we do not see the blessings we have in our lives. This is often because we are looking for what we don't have rather than what we do have.

Those who know they have limited time left on the Earth understand this concept better than most. So do those who lose their eyesight, the use of a limb, their hearing, and so forth.

We don't know our blessings until they are taken away from us. We have all heard the saying "count your blessings" but we rarely heed the words.

Those who lose their jobs and homes begin to understand what a blessing it is to have a roof over their heads. Those who can't afford to eat understand what a blessing it is to have food on the table. Those who sleep under a bridge at night understand what a blessing it is to have a warm bed.

What are the blessings in your life? A blessing is something which contributes to your happiness. It's the things we are grateful for.

I AM BLESSED

We give thanks for the material things in our lives, but we often overlook the little everyday miracles which occur.

Know you are blessed simply because you are a divine child of a loving Creator. But you are also a walking, talking miracle of DNA. You are truly blessed.

Taking a moment to give thanks is important. It puts everything into perspective and aligns you with what is TRULY important in your world. It expands your heart and opens your eyes.

You can moan and groan about what you don't have. People do. You can complain about your car which is getting old, or you can feel blessed that you have one at all. You can complain that you can't afford the latest shoes, or you can feel blessed that you have shoes to keep your feet warm.

There are lots of blessings to be found in everyday moments. I am blessed with good friends. I am blessed with good health. I am blessed with a loving partner. I am blessed with the ability to write. I am blessed to be able to walk in nature.

Negative people focus on what isn't there; positive people focus on what is there. One tends to be happy most of the time; the other tends to be miserable. Which one are you? And what kind of life are you creating for yourself?

The more you take the time to REALLY appreciate what you have, the more miracles you will see in your life. It's not that some people are blessed and others aren't. It all depends on what each is choosing to see.

I AM BLESSED

Say it. Believe it. Live it.

THE POWER OF I AM

A lot of people have written about the power of the “I Am” statement—it’s not a new concept. I have it tattooed on my wrist to remind myself of its power.

I believe simple wisdom is the best kind, and the “I Am” is the perfect example of this. When you say it out loud, you are affirming something about yourself. It’s a great mantra to have.

It can be negative or it can be positive, depending on its usage.

Muttering under your breath, “I am stupid,” may seem innocent enough. But if you say it often enough, you will start to believe it. The more you affirm something, the more energy you give it, and the greater the chance it will manifest in your life.

I used to be one of those people who thought saying “I am awesome” was egotistical and vain. I would shy away from using such words because I didn’t want anyone to think I was ‘full’ of myself.

Growing up, I was taught to be less, not more. Talking about yourself in glowing terms was frowned upon. But I have long since discovered that I need to be my own cheer squad.

I have used “I am” as a mantra on many occasions, mainly to get out of my ego mind and negative ways of thinking.

I am sure I am not the only one who has racing thoughts and a constant stream of words in my head. Emotions will often do this to you; they take you on a thought rollercoaster.

The next time you are feeling health anxieties, try repeating this: I am health. I am wellness. Do it several times as a statement of fact.

The next time you are feeling overwhelmed, try repeating this: I have got this. I can do this.

The next time you feel alone and afraid, try repeating this: I am love. I am surrounded by love.

When someone says to me, “You are awesome,” I do not back away and go, “Not really, but thanks anyway.” I shoot right back, “Yes, I am.” Why? Because I am awesome. I say it. I believe it. I live it.

When someone says to me, “That’s really clever,” I do not back away and go, “Not really, but thanks.” I shoot right back, “Thank you. I am proud of what I did.” I say it. I believe it. I live it.

What about you? How do you use your “I am”?

It is really simple—you either are or you are not. People start with great “I ams,” then complicate them with “buts.”

I am smart but sometimes I do stupid things.

I am lovable until you piss me off; then I am not someone you want to be around.

I am flexible unless it's about this subject; then I am not, because that's the way I was raised.

In the end, their self-talk defeats the statement and makes it null and void.

“I ams” should not be long and complicated. They should be short and to the point: simple statements about what you believe to be true.

This is important: what you believe to be true. When you use an “I am,” you have to believe it is true. Not only believe it, but act as if it is true.

There is no point saying, “I am flexible,” then getting on top of your soapbox and not listening to anybody else.

There is no point saying, “I am awesome,” then hiding in the corner and not even trying. Or worse still, saying the words while all the while believing you will fail.

Say it. Believe it. Live it.

This is the ultimate “I am” statement.

I am a divine child of a loving Creator. I am in possession of all I need to create a life of abundance.

I am

a Divine child of the Universe.

Who walks through life with
Trust, compassion, faith and love,
as the cornerstones of the world

I am building for myself.

I am responsible for all of my
actions, words and thoughts.

I am not responsible for yours.

I am deserving of abundance in all forms.

In all areas of my life, not because of who I am
but simply because I am.

I am

a Divine child of the Universe.

Respect and self-esteem are my human birthrights,
and I acknowledge they are yours as well.

I am growing, learning and discovering new things
about my world and the people in it every day.

I am growing, learning and discovering
new things about you every day.

I was born a Divine child of
unconditional love, light and compassion.

I will live my truth and
only I can know what that truth is.

Therefore, I will live my life for me,
for I know when time has run out, the only person

I will be left to face will be myself.

I see all things in all people; I am all.

Therefore, I am the greatest gift

I have ever been given.

I am

ABOUT THE AUTHOR



Robin Roberts is an Australian Psychic and Medium currently residing on Vancouver Island, off the coast of British Columbia, Canada. Over the last 30 years, she has sought to bring what she terms 'simple wisdom' into the lives of the people who come to her. She hopes, through her writing, to lead people to the corners of their souls so they may rediscover the people they were born to be. As a Psychic, she offers a unique perspective on personal transformation and the challenges facing all of us.

Find out more at robinrobertspsychic.com