

The background of the entire image is a vibrant, multi-colored marbled paper. The colors include shades of pink, red, orange, yellow, green, blue, and black, swirling together in a complex, organic pattern. A large, horizontal white rectangular area is centered on the page, serving as a backdrop for the text.

More Joy, Better Life Co.

by Alexis Wild

A Creative Art Affirmation Kit

I am...

... two little words.

Two little words that literally create the world around us.

Two little words that form the foundation of what our brain believes.

How to use this kit...

There are no rules!

Use the affirmations and strips of art to embellish, create, inspire! This is YOUR kit and it's for you to enjoy and play with! The only tool you really need is your beautiful brain! (I was going to say "scissors," but you could actually just rip it! Sooooo... no tools needed!) If you want, maybe you'll try some glue, some paint, some scribbles?

This kit is a nudge for you to create and to realize that you are good enough! Our subconscious is always working away trying to create the world we are imagining. Our *thoughts* and *words* are one of the most powerful ways for us to be in charge of that reality.... and we truly do manifest around us whatever we believe to be true. Believe that you are worthy, truly worthy, and the universe will mirror that back to you. May these affirmations give you another tool to boost yourself up when you need it, and to remind you who you are!

You are good. You are worthy. You are so abundant.
You are doing a good job.

Much love!



P.S. The affirmation cards included in this kit are from the Today and Who Am I card decks. Enjoy!



www.MoreJoyBetterLife.com

I am free
I am brave
I am strong
I am abundant
I am blessed
I see blessings all around me
I choose joy
I embrace ease
I am worthy of love
I am free to be honest
I am full of integrity
I am loved
All is well
I am at peace with life
I am willing to learn
I create my life
I am free to grow
It is safe for me to shine
I am creative
I can do hard things
I am filled with life
I love my life
I am safe
I trust the process of life
I am free to trust
I am powerful
I accept myself
I love myself
I live in the now
I am free to change
I am wonderful the way I am

Life supports me
I choose love
I am grateful
I am calm and serene
I relax and trust
I see the good
I was made for this
I am free to be me
I believe in me
I am free to fail
I am free to succeed
I am free to go
I am free to stay
I am free to try again
I keep going
I trust myself
It will be okay
I am enough
I am good
I dream big
life is good
I embrace bliss
I love and cherish myself
I create joy
I am growing everyday
I choose to love life
I am free to move forward
I am a good person
I am perfectly imperfect
I create my life
Life is filled with joy



I am enough.



I am brilliant.



I am free to change.



I am free to mess up.



I can do hard
things.



I am free to have fun.



I am free to trust.



I am free to learn.

I AM FREE

I AM BRAVE

I AM STRONG

I AM ABUNDANT

I AM BLESSED

I CHOOSE JOY

I EMBRACE EASE

I AM WORTHY

I AM HONEST

I AM LOVED

I AM AT PEACE

I AM LEARNING

I AM GROWING

I AM CHANGING

I AM GOOD

I CREATE MY LIFE

I AM FREE TO GROW

I AM SAFE

I AM CREATIVE

I CAN DO HARD THINGS

I AM LOVING

I LOVE MY LIFE

I EMBRACE EASE

I TRUST THE PROCESS

I AM FREE TO TRUST

I AM POWERFUL

I ACCEPT MYSELF

I LOVE MYSELF

I LIVE IN THE NOW

I AM FREE TO CHANGE

I AM WONDERFUL

I RELEASE THE PAST

LIFE SUPPORTS ME

I CHOOSE LOVE

I AM GRATEFUL

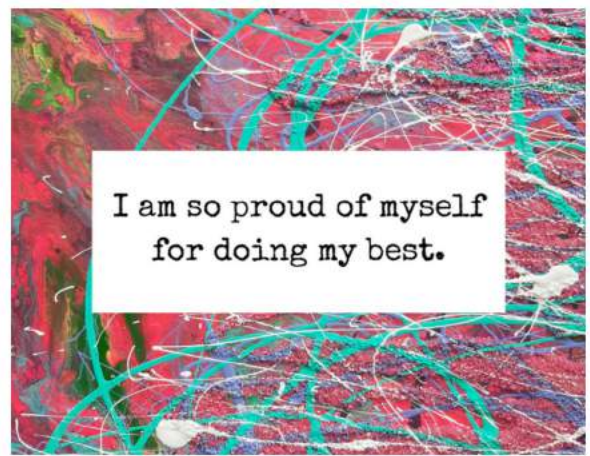
I AM CALM AND SERENE

ALL IS WELL

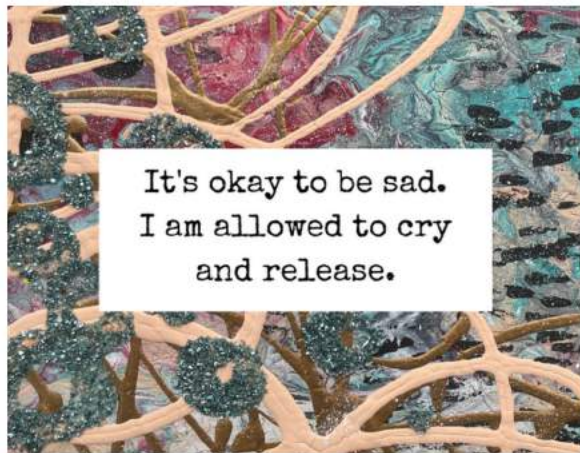
I RELAX AND TRUST



I am kind. I think
about others.



I am so proud of myself
for doing my best.



It's okay to be sad.
I am allowed to cry
and release.



I choose to focus on what
is great about my life.



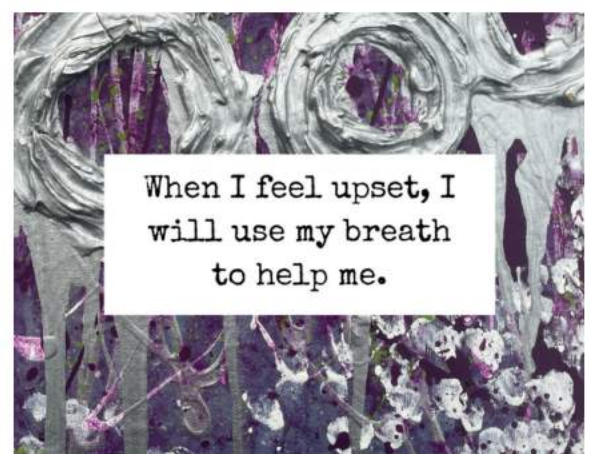
What others
think of me is not
what counts.



My body is strong and I
take care of myself.



I like to try
new things.

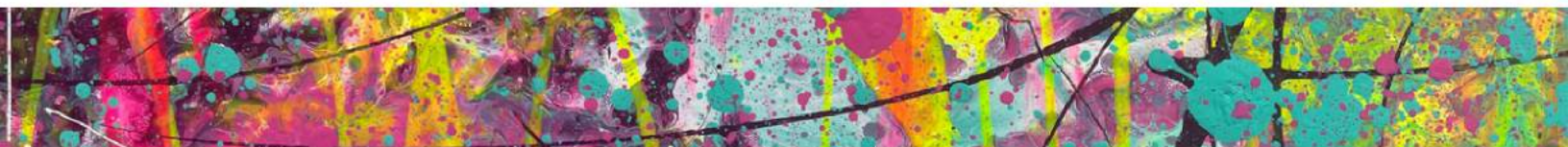


When I feel upset, I
will use my breath
to help me.

joy	good	eager
ease	adventure	delight
bliss	thankful	discover
abundance	creative	connect
gratitude	create	refresh
grace	lovely	energy
compassion	hope	brave
strong	kindness	independent
brave	serene	positive
bold	calm	willing
tender	understanding	wealth
magic	gift	vibrant
pleasure	agree	shine
love	comfort	ready
approve	beautiful	rich
gift	smart	blessed
intuition	valuable	inspire
breath	amazing	encourage
trust	wonderful	faithful
peace	fulfilling	free
nurture	meaningful	genuine
explore	striving	forgiven
light	alive	accept
unique	brilliant	authentic
wisdom	blissful	joyful



Life supports me I choose love I am grateful I am calm and serene I relax and
trust I see the good I was made for this I am strong I am true I trust I am free
to be me I am free I am brave I am strong I am abundant I am blessed I see blessings
blessings all around me I choose joy I embrace ease I am worthy of love I am
free to be honest I am full of integrity I am loved All is well I am at peace
with life I am willing to learn I create my life I am free to grow It is safe for
me to shine I am creative I can do hard things I am filled with life I love my
life I am safe I trust the process of life I am free to trust I am powerful I
accept myself I love myself I live in the now I am free to change I am wonderful
the way I am I release the past Life supports me I choose love I am grateful I
am calm and serene All is well I relax and trust I see the good See the good
You were made for this I was made for this You can do it this is your year I am
free to be me I believe in me believe in yourself go for it I trust myself I
create my life Live your dreams dream big you are special to me you are good
wonderful do good things life is good love is all you need embrace bliss Good
choose love Shine fly, be free I love and cherish myself I create ease and joy
relationships of harmony I am growing everyday I release the past I choose to
love life I am free to move forward I am a good person I am perfectly imperfect
you are amazing you are loved I love you I create my life Life is filled with
joy I believe in me I am free to fail I am free to succeed I am free to go I am
free to stay I am free to try again I keep going I trust myself It will be okay
I am enough I am good I dream big life is good I embrace bliss I love and cherish
myself I create joy I am growing everyday I choose to love life I am free to
move forward I am a good person I am perfectly imperfect I create my life joy
life is filled with joy I am free to say yes I am full of integrity I am loved
All is well I am at peace with life I am willing to learn I create my life I am
free to grow It is safe for me to shine I am creative I can do hard things I am
filled with life I love my life I am safe I trust the process of life I am free
to trust I am powerful I accept myself I love myself I live in the now I am free
to change I am wonderful the way I am I release the past Life supports me I choose
love I am grateful I am calm and serene All is well I relax and trust I see the
good See the good You were made for this I was made for this You can do it this
is your year I am free to be me I believe in me believe in yourself go for it I
trust myself I create my life Live your dreams dream big you are special to me
you are good wonderful do good things life is good love is all you need good
embrace bliss Good choose love Shine fly, be free I love and cherish myself
I create ease and joy relationships of harmony I am growing everyday I release
the past I choose to love life I am free to move forward I am a good person I am
perfectly imperfect you are amazing you are loved I love myself I was made for
this I am strong I am true I trust I am free to be me I am free I am brave I am
strong I am abundant I am blessed I see blessings all around me I choose



More Joy, Better Life Co.

by Alexis Wild

It is truly a joy to share this magical affirmation art kit with you, and I can't wait to see what you get up to. If you'd like, you can connect with me by simply replying to any of the emails I send your way (including the one where you got this goodie!)... the magic of the internet, baby!

Wishing you many, many blessings!
xo



Alexis Christine Wild is a mixed media abstract artist based in London, Ontario. When she doesn't have paint all over her hands, she is usually chasing her four kiddos around, digging in the garden or baking up a kitchen mess! Alexis creates and teaches in her home studio - Studio You. She is passionate about creating opportunities for people to discover their own unique way of art and to live lives that feel full of joy!

© Alexis Wild, More Joy Better Life
Reproduction strictly prohibited.

www.MoreJoyBetterLife.com