



Affirmations for Positive Living

The ABCs of Worthiness

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Words for an Awesome Life

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For those struggling with being good enough....

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Introduction

This book is a result of a powerful self-reflection session where I discovered that I had been self-sabotaging every good thing that had happened to me for the past twenty-some years. Why would anyone do this to themselves? Because I lacked the self-worth to realize that I deserved those good things. I felt unworthy of all good things in general. I pushed away people in an attempt to “protect” them from me. Because I had very little self-esteem I thought they deserved better...and I was trying to save them....but in the end only ended up hurting myself. And from that very powerful self-reflection session, the ABCs of Worthiness was born as a reminder to not just myself, but to everyone who struggles with their own self-worth.

The ABCs of Worthiness is a list of affirmations and reminders to assist the mind’s re-programming into believing we are worthy again....worthy of love, respect, happiness and worthy of all good things from everyone around us and the universe itself. If any of these affirmations make you feel uneasy, or you find that they are difficult to say out loud, then this tells you where you do not yet hold the belief inside where you believe you are worthy of that.

The energy of worthiness ripples out into our reality as a reflection of our beliefs. If we keep believing we are not worthy of love and the best life has to offer, then the world will continue to give us reasons to validate this belief. However, if we start believing that we are indeed worthy, then life will continue giving us reasons to believe that more and more. What kind of reality do you want to live in? One of bliss, magic, love, and joy? You decide if you are worth it or not.

Use this book as a resource and reminder on your journey to complete worthiness. You are worth it only if you believe you are! Many experts say it takes between 10 and 30 days to wire in a new habit. Keep repeating these affirmations daily and often throughout the day until it is no longer a chore to remind yourself. You will start to notice the change in your reality once you improve your worthiness. Focus on the good. Focus on the positive. Acknowledge where you are, and acknowledge how far you have come, but do not focus on the past....you are here now. You are the “you” in this moment. Choose to believe you are worth everything now, and in every now moment from here on out.

Changing a Habit Takes Effort

You have to *DO* something in order to change your reality. If you want to change your beliefs surrounding your own worthiness, you have to put in the effort to change those beliefs. You are free to create your own reminders of worthiness, just remember to keep them positive and purposeful to uplift your heart and soul.

Do the following three, 3-3-3 Principle Exercises, three minutes each, three times a day. Get a journal dedicated to your worthiness journey. Use this journal to write down your 3-3-3 Principle writing and visualizing exercises everyday for at least 10-30 days. Make notes about your journey... What is working? What isn't working? How do I want to change? What do I need to do in order to change? This is your journey, so adjust accordingly.

Seeing and hearing positive words and images influences positive thoughts, and thus positive beliefs and positive actions. You are what you believe. And you can change your beliefs. You can change your habits of action. Communicate with yourself and give yourself better messages regarding your self-worth and self-esteem. Your body, mind and soul supports you in everything that you do. Your body, mind, and soul understands you. Work with all of these aspects of yourself to create the life you really want.

The 3-3-3 Principle Exercises

1. Repeat the affirmation out loud 3x a day
2. Write down the affirmation 3x a day
3. Visualize yourself as good enough/worthy 3x a day

*Repeating the affirmation in your head isn't enough. When we speak out loud we speak our truth. If our voice falters when speaking that is a tell-tale sign that what we don't believe what we are saying. When you are confident and sure of yourself when you say that are worthy, then that truth will shine through into all aspects of your life. Speak your truth. If you don't believe it yet, keep saying it until you do.

*Writing down the affirmation is an easy way to "do" something about changing your habit/pattern/belief. Give your body something physical to do....physically write down the affirmations as you say them out loud in your journal. Write them on your walls (on a poster board, dry-erase board, mirror....anything removable and cleanable unless you want to decorate your walls permanently). Remind yourself in every moment how good enough you are, about how much you are worth it...because you are worth it. Engage all aspects of your 'Self' when creating a new habit and physically write your new truths down every day until you believe them completely.

*Engage your mind's eye in creating a new habit/pattern/belief of worthiness by visualizing your ideal life. Use your imagination wisely. What does being good enough FEEL like? What does being good enough LOOK like? How does being good enough change your life? Explore, expand, explore some more, and keep on expanding. See yourself worth it. Feel yourself worth it. When all aspects of your 'Self' come into alignment with feeling, breathing, and being worthiness, your reality will respond in turn.

How to Use the following List of Affirmations

You can choose to do the 3-3-3 exercise on all of these affirmations every day, or you can choose to focus on one or a handful for your 10-30 day journey into changing your worthiness belief. If you choose to focus on just part of the list at one time, move onto a new set of words in the next month or so and fully commit to those affirmations to wire in your new belief of complete worthiness.

The choice is ultimately yours. This is your journey. Choose what resonates with you. Choose what works best for you. And remember to have fun and let go of the old: the old ways, the old memories, the old beliefs, the old mentalities, the old you. Embrace new. Embrace better. Embrace your perfect worth.

Bonus (Optional) Exercise:

Post the affirmations you are focusing on around your house/bedroom/etc. in colorful drawings/paintings/art designs/etc.

What we see around us everyday influences our thoughts, beliefs, and actions. Surround yourself with positive images and purposeful words to influence your body, mind and soul in the direction you want to go, in the direction of the kind of change you want to see in your life.

Use all your senses when changing a habit, thought, belief, or daily life pattern. Incorporate as many different aspects of yourself in the direction of the change you wish to see: What can you do physically? What can you think mentally? What can you feel emotionally? What do you 'know' in your heart? Take a well-rounded approach to improving your self-worth by using all the resources available to you, both inside and out.

A Final Note About Worthiness

Before you begin, I would like to say that worthiness is not about arrogance, narcissism, ego, power, control, or being “better than.” This is about respect....respect for self and respect for all others. It is about self-confidence and loving ourselves as who we truly are. We have to learn to love ourselves unconditionally again. We have to learn to trust ourselves again. We have to re-learn how to live our divine truth of being worth everything the universe has to offer. If we don't already know sacred love and respect for ourselves, we can certainly learn it, but it takes work and it takes practice.

We all have the tools within us to change how we feel about ourselves and our lives. The universe will show us what we believe...if we believe we aren't worth it then the universe will provide experiences to remind us of that. But if we believe we are worth it, and trust that when we believe we are worth it, then our world will change, and the universe will bring us many opportunities to prove our worth.

Our worthiness, or lack thereof, is evident in the stories we tell ourselves every day. It is evident in the stories we tell others. We either lift up and encourage those around us, or we bring them down in an attempt to raise ourselves up. We are our own worst bullies, and in turn we can be bullies to those around us. When we learn deep sacred respect and love for ourselves, we understand that everyone deserves that same respect and love, even if they can't see it yet themselves (like you forgot once). We can all live the high-life of being loved and accepted for who we are, together, as One.

Choose to change your story, or choose to stay the same, it is always up to you. Thank you for taking this worthiness journey. Only you can tell yourself that you are worth it. Only you can truly believe that you are worth it. Only you can put in the work to show yourself that you are worth it. And if you don't believe it yet, you will. Keep going. Always.

The ABCs of Worthiness

This list is by-no-means complete, but it is a place to start. If you think of a new affirmation, or one that works better for you, then go for it! This is your journey after all.

******And as a side note: Affirmations may repeat in variation as part of the well-rounded approach to changing a belief surrounding worthiness. Use what resonates best with you.

A

I am worthy of appreciation
I am worthy of my abilities
I am worthy of acceptance
I am worthy of all I desire out of life
I am worthy of abundance
I am worthy of an abundance of good
I am worthy of answers

B

I am worthy of being me
I am worthy of feeling beautiful
I am worthy of bliss
I am worthy of balance
I am worthy of the best
I am worthy of better

C

I am worthy completely
I am worthy of change
I am worthy of creative ideas
I am worthy of creativity
I am worthy of confidence
I am worthy of communication
I am worthy of comfort

I am worthy of feeling comfortable
I am worthy of color in my life
I am worthy of community
I am worthy of calm surroundings
I am worthy of coming to life

D

I am worthy to dream
I am worthy of having my dreams come true
I am worthy of discovery

E

I am worthy enough
I am worthy of enjoyment
I am worthy of energy
I am worthy of enthusiasm
I am worthy of enthusiasm for life
I am worthy of being treated equally
I am worthy of excitement
I am worthy of expressing myself
I am worthy of expression
I am worthy of expressing my emotions

F

I am worthy of forgiveness
I am worthy of being treated fairly
I am worthy of fairness
I am worthy of freedom
I am worthy of free time
I am worthy of friends
I am worthy of family
I am worthy of fun
I am worthy of feeling
I am worthy of flexibility

G

I am worthy of good things
I am worthy of gifts
I am worthy of gifts from others
I am worthy of gifts from myself
I am worthy of gifts from the universe
I am worthy of my gifts
I am worthy to give
I am worthy of gratitude
I am worthy of good luck
I am worthy of feeling good

H

I am worthy of happiness
I am worthy of harmony
I am worthy of health
I am worthy of home
I am worthy of a home to call my own
I am worthy of a strong heart
I am worthy of being here
I am worthy of an open heart

I

I am worthy as I am
I am worthy of inspiration
I am worthy of imagination
I am worthy to imagine the life of my dreams
I am worthy to implement my dreams
I am worthy of the infinite
I am worthy of infinity
I am worthy of being in-tune with everything around me
I am worthy of intensity
I am worthy of intense experiences

J

I am worthy of joy
I am worthy of my journey

K

I am worthy of knowledge
I am worthy of Knowing

L

I am worthy of love
I am worthy of life
I am worthy of living
I am worthy of living the best life for me
I am worthy of love from others
I am worthy of love from myself
I am worthy of loving family
I am worthy of loving life
I am worthy of being loved
I am worthy of loving others
I am worthy to let go
I am worthy of a life well-lived
I am worthy of light in my life

M

I am worthy of being myself
I am worthy of magic
I am worthy of magical moments
I am worthy of more
I am worthy of more love
I am worthy of my gifts
I am worthy of my mind
I am worthy of miracles

N

I am worthy of new

I am worthy of Now

P

I am worthy of positive growth

I am worthy of positivity

I am worthy of perfect health

I am worthy of praise

I am worthy of peace

I am worthy of peace of mind

I am worthy of possibility

I am worthy of pleasure

I am worthy of profound experiences

I am worthy of prosperity

I am worthy of potential

I am worthy of my purpose

Q

I am worthy of questioning

R

I am worthy of respect

I am worthy of loving relationships

I am worthy of respectful relationships

I am worthy to receive

I am worthy of restoration

I am worthy of respect for my ideas

I am worthy of respect for who I am

I am worthy of responsibility

I am worthy of relaxation

S

I am worthy of success

I am worthy of shining my light
I am worthy of safe
I am worthy of feeling safe
I am worthy of sharing who I am
I am worthy of sharing my ideas with the world
I am worthy of space
I am worthy of space to flourish
I am worthy of support
I am worthy of supportive family and friends
I am worthy of feeling secure
I am worthy of strength
I am worthy of self-expression

T

I am worthy of time
I am worthy of time to grow
I am worthy of time to forgive
I am worthy of time to be forgiven
I am worthy of time to blossom
I am worthy of truth

U

I am worthy of the universe
I am worthy of unlimited everything
I am worthy of everything the universe has to offer

W

I am worthy of wisdom
I am worthy of wealth
I am worthy of worthiness
I am worthy of waking up
I am worthy of 'We'