

“I Am” Affirmation
hand-lettering

I am focused

I am not afraid

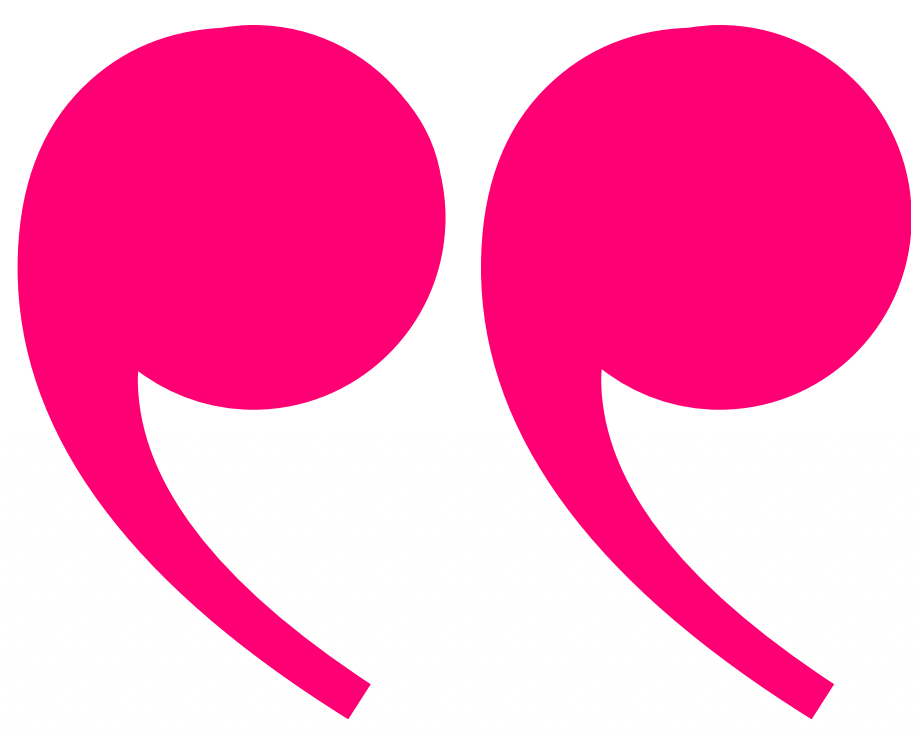
I am showing up

I am grateful

I am worthy

I am full of joy

I am strong



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A series of horizontal lines for handwriting practice. Each row consists of a solid top line, a dashed middle line, and a solid bottom line. There are ten such rows available for writing.