



I Am Patience!
And even if I think things go wrong,
I know inside me very well,
They'll turn around before too long.

Yo Soy Paciencia!
Y aún si pienso que algunas cosas van mal,
Sé muy bien dentro de mí,
Que todo va a mejorar muy pronto.

Affirmation of the Month: I Am Patience!

What do you want to be? Write a sentence as if you are already what you want to be. For example, **I am confident** or **I am healthy** or **I am happy**.

This is called an **affirmation**. It **affirms** what you want to be.

Write your affirmation here: _____

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Affirmation of the Month from *The I AM! Affirmation Book: Discovering The Value of Who You Are* by Steve Viglione and Dr. Marilyn Powers

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