

I AM...



What do you want to strengthen within YOU?

CHOOSE 5 to start with:

Diplomatic	Ambitious	Cheerful	Confident
Collaborative	Physically Fit	Genuine	Giving
Creative	Connected	Worldly	Easygoing
Supportive	Wise	Honest	Wealthy
Sincere	Enthusiastic	Modest	Happy
Successful	Generous	Enterprising	Worthy of Love
Inspiring	Likable	An Activist	Humble
Political	Methodical	Spiritual	Charming
Accurate	Pro-active	Positive	Savvy
Refined	Devoted	Spirited	Dependable
Adventurous	Persuasive	Religious	Discerning
Dramatic	Adaptable	Outgoing	Colorful
Driven	Entrepreneurial	Organized	Quirky
Picky	Dynamic	Interested	Energetic
Motivating	Reliable	Loving	Accomplished
Assertive	Big (personality)	Bold	Bright
Helpful	Competitive	Powerful	Convincing
Curious	Ethical	Extroverted	Flexible
Formal	Funny	Healthy	Intelligent
Inventive	Loyal	Optimistic	Passionate
Precise	Quick-Witted	Risk-taking	Sassy
Self-assured	Self-motivated	Sophisticated	Strategic
Smart	Trustworthy	Visionary	Zen-like

Or write in your own words:

**Every morning and night repeat your
I AM <WORD 1>, I am <Word 2>, etc...**

Post this in your bathroom or bedroom as a reminder