

“I Am” Statements

Make a list of at least 10 "I AM" statements. Write them as the person you are being and/or becoming. Say them out loud twice a day.

	I AM... (this is the short core statement)	Describe the attribute in "action": What does it look like when you are that? What are you doing to express this attribute?
Example	I am a person of integrity.	I do what I say I do, and always strive to do “the right thing”. My words and actions are informed and driven by my values.
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