

The “I am” Exercise

Girls - I know this exercise might make you a little anxious, and you may think its waste of time, but I promise it won't be as hard as you think. In fact, once you get going, you'll enjoy seeing all those positive attributes staring back at you. I know I did. To help you get started, I've done the first one for you. And, If you wont do this for yourself, please do this for me.

I am *beautiful*

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

Now, please read aloud your 20 “I am’s.” Then take a few moments to fully embrace each wonderful quality that is YOU! I am so proud that you decided to do this for yourself. Keep this sheet close by and refer back to it daily. You will begin to experience a new you. - love, Brenda