



**THE HIDDEN  
POWER OF “I AM”**

EMPOWER + INSPIRE  
**PROJECT  
FIND YOUR  
FIRE**

# **"I AM" ARE SOME OF THE MOST POWERFUL WORDS A PERSON CAN SPEAK, BUT THEY CANNOT BE USED ALONE.**

The word used after "I AM" is going to be the difference between thriving and suffering. The hidden power lies in that single word.

"I am" is one of the most powerful statements you can make, for what follows those two words will completely affect your quality of life. Those words can be the difference between surviving and thriving.

## **THE DANGER**

Most people will finish their I AM statement with an external identity, only because that is how they identify themselves. I AM...a banker, a welder, a teacher, a millionaire, a caregiver, a husband, etc. The danger here is that there WILL come a day when you aren't that. You won't be a banker, welder, or whatever it is that you do. When that day comes, you will lose your entire identity.

Even if you use terms such as "mom", "dad", "son", or "daughter," the risk remains. Those seem like "forever" words, and in a sense, they are. A dad will always be a dad and a daughter will always be a daughter. The trouble with these is that a mom, for example, will spend at least 18 years caring for, nurturing, and raising her children.



There will come a day when the children are grown and living their own lives, that she will no longer be THAT mom. She will still be a mom, it's true, but her role will be significantly different and her old identity will be lost.

## THE HIDDEN POWER **EXPOSED**

Ask yourself "What made you all those things?". If you are a wife or a caregiver, you are probably also loving, compassionate, and caring. All of those things are what made you the external stimuli. If you are a successful banker or cashier, you are probably also resilient, determined, hardworking, or dedicated. Those are all the attributes that made you successful. You can lose the external identity at any moment. The only way to lose your internal identity is if you take them away yourself.

The hidden power of the "I AM" statement is in the choice of word you use to follow "I AM." While it is very easy to use those external identities, it is the internal identities that have made you into that person and will continue to make you into the person you will become in the future. Discovering the hidden power and recognizing your own internal identities will allow you to unleash your own special super powers.

# HOW TO USE THE I AM STATEMENT

There are many ways in which you can use your I AM statements. Use them when you first wake up to energize yourself and create the setting for a great day. Use them when you are tired or feeling down to remind yourself that you are more than able to continue with strength and determination. Use them when you are stressed or struggling so that you remember that you really do have what it takes to overcome obstacles. Or, use them when others are in need and it is your love, care, and support that they need to continue.

Remember that these are YOUR identities and while others may possess the same attributes, they do not possess YOUR attributes. Like all super heros, you must remember to use your powers for good. They will help give strength, courage, love, support, and a realization that you really are overqualified to lead an outstanding life.

## THE I AM TOOL

The following page is filled with positive attributes. Read through them and begin each word with "I AM". For example; "I AM Love", "I AM Wild", etc. Some statements may not resonate with you and some will make you want to explode with power when you say them. Cross out words that don't resonate with you, and circle all those that do. Add more of your own words to the list. See how long you can make your list.

Go through the list often. Your words may change as you change. The word "eager" may not resonate with you today, but it may be the first word you use tomorrow, next week, or next month. If something doesn't resonate with you and you think it should, don't try to force it. Today just might not be the day for that word.

Write some of your I AM statements on post-it notes and place them around your house; on your bathroom mirror, the kitchen cupboard, in your car, in your favorite book. Put some of them in your purse or wallet so you have constant reminders about how amazing you really are. Whenever you need, you will have your super powers close to you and you can remind yourself of your amazingness.

# I AM...

Love  
Wild  
Bighearted  
Wonderful  
Colorful  
Peace  
Graceful  
Strong  
Brave  
Joy  
Real  
Smiles  
Honest  
Imaginative  
Independent  
Certain  
Bright  
Amazing  
Confidence  
Determined  
Capable  
Innovative  
Well  
Charming  
Health  
Blessed  
Abundant  
Unstoppable  
Moving Forward  
Sexy  
Happy  
Me

Victorious  
Gifted  
Whole  
Child of God  
Fierce  
Beautiful  
Committed  
Curious  
Eager  
Optimistic  
Relaxed  
Peaceful  
Amazing  
Perfect  
Authentic  
Fortunate  
Polished  
Alive  
Earth  
Joyful  
A great mother  
Best sister  
Loving my Life  
Cherished  
Courageous  
Active  
Productive  
Fearless  
Fighter  
Freedom  
Masterful  
Natural

Adorable  
Open  
Attractive  
Unwavering  
Whole  
Kind  
Loved  
Wonderful  
Positive  
Excited about today  
Energy  
Young Heart  
Proud  
Divine  
Connected  
Magnet  
Free  
Knowledgeable  
Soul  
Leader  
Secure  
Light  
Productive  
Wonder  
Strength  
Popular  
Sensational  
Positive  
Lively  
Smart  
Wise  
A creative spirit