

## Daily “I am” Mantra Exercise

Because it works!

### Step 1. Self-awareness

With brave honesty, highlight (or circle) **all** the **negative** thoughts and/or feelings you have had in the last 3 months from the below list.

#### NEGATIVE

I am a failure    I am miserable    I am a liar    I am naïve    I am no good    I am only just existing  
I am not clever    I am addicted    I am not good enough    I am alone    I am not important    I am an imposter  
I am not respectable    I am not lovable    I am angry    I am not valuable    I am broken    I am nothing  
I am confused    I am old    I am too fat    I am too short    I am just going through the motions    I am cruel  
I am pathetic    I am depressed    I am poor    I am stupid    I am disgusting    I am scared    I am done  
I am stuck    I am exhausted    I am useless    I am worthless    I am hopeless    I am terrified    I am forgotten  
I am the black sheep    I am hideous    I am tired    I am hollow    I am too loud    I am in pain    I am too quiet  
I am invisible    I am in shock    I am unattractive    I am lazy    I am unlovable    I am lonely    I am lost

### Step 2. Self-care

With self-love, highlight (or circle) **all** the **positive** thoughts and/or feelings you want most in your life from the below list.

#### POSITIVE

I am beautiful    I am a good enough friend    I am a good enough parent    I am a good enough partner  
I am a good enough son/daughter    I am a good enough worker    I am a work in progress    I am able  
I am appreciative    I am authentic    I am clever    I am compassionate    I am considerate    I am coping  
I am doing my best    I am enough    I am excited    I am further than I was yesterday    I am giving  
I am good enough    I am grateful    I am growing    I am happy    I am helpful    I am healthy enough today  
I am honest    I am important    I am kind    I am lovable    I am loved    I am loving    I am useful  
I am more than my emotions    I am more than my thoughts    I am not alone    I am on track  
I am optimistic    I am patient    I am peaceful    I am perfectly imperfect    I am protected  
I am safe    I am self-caring    I am self-loving    I am smart enough    I am strong    I am trusting me  
I am successful    I am wealthy    I am lucky    I am human    I am on my way    I am putting me first

### Step 3. Self-direct

Write down your list of selected **positive** “I am statements” on a sheet of paper or as a note in your smart phone. Then at least once a day, deliberately and with power, say out loud your new mantra for at least 3 months.

### Step 4. Self-witness

Notice, enjoy and report on how much your life has improved.