
DISCOVER THE POWER OF

**“I Am”
Statements**

To Change Your Life For the Better

Jennie B.
coaching



About Me

Hello, my name is Jennifer,

I am a life coach and CEO of JennieB Coaching. I live in the Pacific Northwest – which I think is the most beautiful place on earth! I love gardening, cooking, teaching, coaching, journaling, walking, and talking with God.

I am a wife, mother, and grandmother. I love getting to spend time with my family and friends. My husband and I serve together feeding the homeless in our community. I do work that I love. I have eyes to see the beauty and blessings all around me. But best of all, I realize that I have something valuable to contribute to my family, friends, and my community that makes me excited to face each new day.

I work with empty-nest women of faith who are searching for identity & purpose. I really love my life as an empty-nest coach. I love working with amazing women, who have spent years and years doing the work of mothering, and now that the day-to-day part is over, are questioning their work and value.

These women are afraid they're no longer needed, and their most valuable years are behind them. I help them discover who they are & what they want, together we create a vision for their future, where they're still useful, needed and excited to wake up each morning to a new day.

Jennifer

Welcome to this Mini-Class:

Discover the Power of “I AM” Statements To Change Your Life for the Better

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Introduction:

Have you ever wondered who you are and what you have to offer your family, friends, God or to your community?

Has the question, “Am I who I want to be?” ever crossed your mind?

This purpose of this Mini-Class is to help you realize the very core of who you are and build your belief in who that person is. As you take action with the structured writing and thinking exercises you will uncover and then intentionally shape parts of your identity.

As an example of how “I Am” statements can negatively impact how we think about ourselves and act, when you catch a glimpse of yourself in the mirror, what do you see and think about yourself?

Do you grimace, only seeing your flaws and think:

- **“I am so fat”**
- **“I am not smart enough”**
- **“I am pathetic”**
- **“I am looking haggard”**

Now let's try looking in the same mirror again and intentionally use “I am” statements that build and strengthen us rather than tear us down:

- **“Wow, I am so cute today”**
- **“I am strong and healthy”**
- **“I am making healthy choices for my body”**

Listen to yourself and start paying attention to how you think about yourself and describe yourself to others.

The words that follow the statement “I am” are what you are creating for your life.

Complete this Mini-Class and you will start **CREATING** the person you **WANT** to be.

The Power Of “I AM”

Some time ago I started repeating a phrase over and over to myself. That phrase is, **“I AM a leader in my community”**. That simple phrase has had a big impact on me.

I am an ordinary person and I am not famous or outwardly special in any way. I live in a large community and most people do not know me. But, every time I leave my home now I practice the thought: **“I AM a leader in my community”**

Then I ask myself, “How does a leader in her community behave in this situation? Or this one? Or this one?”

Soon I started doing the things and acting the way that I thought a leader would.

Before I started practicing this thought I felt that I was invisible, that no one really noticed me. I didn’t believe I had anything to offer people.

Now I know that I can make a difference in the lives of people I meet, even in ordinary places like the grocery store or out walking.

Now I know that I am a leader in my community, and I show up like one all the time.

I believe that I make a difference and that as a leader I have something to offer.

I am still part of a large community and most people still do not know me, but I know me, and I know that I am a leader in my community — and I act like one.

What made the difference?

The difference was learning the power of **“I AM”** statements. I am statements are phrased in a way to help you discover or re-discover who you really are.

“I AM” statements are thoughts or beliefs about ourselves that we choose, refine and then practice until they become our automatic beliefs. **“I AM”** statements are made up of thoughts and beliefs about ourselves that we already believe, even if it’s just a little bit.

In this guide you will learn how to create and practice your own “I AM” statements to help discover who you are and what you are capable of.

Creating Your Own “I AM” Statements

This exercise is as much about uncovering or re-discovering who you are as it is about choosing who you are. It's a process and will not be completed in one go. Knowing your identity will make you among the minority of people who have the confidence of knowing who they are. It is worth the time, effort and wrestle to discover and practice who you are.

Self Discovery:

The following exercises will help you in your discovery of who you are. Do one or all of them. Expect **Ah Ha** moments. Ask for and expect to receive *divine guidance* as you work.

- Set aside time where you won't be interrupted.
- Turn on a timer for 3 minutes.
- Use the worksheet provided. There are additional worksheets at the back of this workbook and you can make as many copies as you need.
- Write your answers quickly without overthinking your answers.

Answer This Question:

Who do I **want** to be?

Include thoughts that come up that you *already are* **and** *that you want to be*.

For example: I am kind (I already know I am kind — and I still want to be kind).

Your brain already believes these statements.

- Start your answers with the words “**I Am**”.
- Phrase them in a positive way.
- Write as many as you can think of without stopping to over think it. Every time your writing slows down, pause, take a deep breath, exhale and then write some more.
- Take a brain break, but as new thoughts come into your head, add them to your list.

Who Do I Want To Be?

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Who Am I In Areas Of My Life?

Using the below worksheet, take each section of your life and ask yourself who you are in that area. Start each phrase with "I AM". Write down what comes to mind. Take some time to really think about it and come up with a good list. Duplicate this sheet if needed.

Family — I AM - example: I am exactly the mom my kids need

Social/Friends — I AM - example: I am a caring friend

Work/Vocation — I AM - example: I am building the business I want

Romance/marriage — I AM - example: I am attracted to my husband

Money — I AM - example: I am generous

Health — I AM - example: I am figuring out how to care for my body

I am NOT

Sometimes knowing who we aren't is as good as knowing who we are.

Example: I am not a quitter

I am not

I am not

I am not

I am not

I am not

I am not

I am not

I am not

I am not

I am not

Narrow them down

Read over each of your “I Am” statements.

Which ones reflect the woman that you want to be in a year from now?

Choose about 10 that really resonate and are a good fit for you.

Add your statements and cross them out until you come up with a core set of statements about yourself that pushes you a little to be the woman you want to become.

Visualize the person you’ll be if you personify your “I Am” Statements.

Select just the statements that you want to become over the next year.

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I am

Excellent! Now lets learn how to become that person.

Practicing Your “I Am” Statements

Now that you have selected your best “I Am” statements, it’s time to practice them. You are creating new beliefs about yourself. Regular (daily is best) practice will make your new beliefs become your go-to thoughts. Below are several practice methods that I have used to make these “I Am” statements part of my life. Choose the ones that work best for you.

- **Write** - Write them down and put them where you can see them. Repeat your “I Am” statements 10 times each morning and evening. Repeat silently or repeat them out loud.
- **Meditate**: Put on some instrumental music and repeat your I am statements as you breathe. For example, you could say “I Am” on the inhale and “beautiful” or whatever your statement is on the exhale. Five minutes is usually about right amount of time.
- **Mirror**: practice looking yourself in the eye and repeating your “I Am” statements
- **Know**: Re-write your statements by hand and memorize them. Practice them every time when you have a quiet moment. I like to lay in bed first thing in the morning and last thing at night and repeat them to myself. Re-write your statements by hand.
- **Question**: Ask & answer questions about your “As Is” identity. Use something like the following questions and make up your own. It’s important to answer the questions.

Ask: If I were a person who (insert your “I Am” statement here), what would I do now?

Example: If I were a person who loved herself deeply, what would I do now?

Ask: What would someone who is _____ do in this situation?

Ask: How is (insert “I Am” statement) true of me?

Example “I Am” Statements

Your “I Am” statements are unique to you, but feel free to borrow some of these below:

I am a leader in my community	I am committed
I am beloved	I am undaunted
I am beautiful	I am having fun
I am exactly where I am supposed to be	I am enough
I am visible	I am good enough
I am heard	I am a good writer
I am not behind	I am a leader in my family
I am courageous	I am loved
I am full of faith	I am forgiven
I am a leader in my home	I am valuable
I am guided by the spirit	I am organized
I am full of vitality	I am full of energy and life
I am powerful	I am generous
I am creative	I am enough
I am a woman of vision	I am smart
I am a woman of knowledge	I am kind
I am a woman who loves her family	I am successful
I am being guided in my life	I am blessed
I am where I should be at this season of my life	I am energized
I am the mom my kids need	I am really good with money
I am the perfect partner for	I am serving others
I am a follower of Christ	I am healthy in body, spirit & mind

Who Do I Want To Be?

I am

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Who Do I Want To Be?

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Work With Me



If your kids have left home and you are wondering where all the time has gone. What's next for you and if there is something more to life for you in the future. I can tell you that there is!

This is the time in your life when you can really get to know who you are and what you want and how you want to contribute. All the things you've been dreaming of doing. This is the time, and I can help.

I have the perfect package for you. Two coaching sessions, videos to step you through your workbook, and lots and lots to learn about yourself.

You will:

- Dig deep and discover who you are today
- Ask & answer questions that really bring clarity to your life
- Discover your purpose now that the kids are out of the nest
- Know what you want and how to start getting it

My course is called

**“Kids Are Gone—Now What?
Finding faith, family and yourself in your empty nest.”**

\$149

Sign up Today

What are you waiting for? Don't let empty, lonely stuck years go by.

Jump in and discover the you, you've been secretly dreaming of being.

<https://JennieBCoaching.com>