

Land^{of} I AM

Guide to Finding and Using Your Best I AMs

1. Remember that the words you use with “I am...” **Shape** how you see yourself.
2. How someone treats you is a **reflection** of how **they feel** inside about themselves.
3. Your **worth** is determined by **you**, not from others. You don’t need approval from anyone.
4. Choose to think **good thoughts** about yourself.
5. Always be your true **authentic** self.
6. Don’t **compare** yourself to others, **appreciate** and love who you are.
7. **Attempting** something is what matters, not the outcome. You win when you **try**.
8. When you look at yourself, see all the **wonderful** things about you.
9. Always, always know that **you are perfect** just the way you are.
10. Remember the power of **I AM** and always **choose** the best words.

Don't listen to the Yabbut!

From your friends in
Land of I AM.

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