

# Land of I AM Travel Guide

We can get lost in a maze of false I AMs, the untrue, usually negative things we say about ourselves. It is these words that follow the statement “I am...” or “I’m...” that create the image we see, how we define who we are, even with the smallest of statements. These statements can be critical or they can reinforce something we don’t like about ourselves. Land of I AM is here to point out all the false I AMs you use. It will show where they come from and guide you out to your best and truest I AMs.

The Land of I AM Travel Guide is here to use for ideas when talking to your young readers about their journey through I AM. It gives you information and ideas on how to talk about the important issues of I AM and how to best use these two powerful words.

This guide follows the map in the back of the book.



## - Inner Illusions -

**“What you see in these mirrors in here isn’t true.  
All these wonky I AMs, they are not the real you.”**

“I AM” are two of the most powerful words because they **Shape** how you see yourself (which then affects how you present yourself to the world). Unfortunately, we usually don’t even think about these words but suffer their effects. The good news is that we can change these reflections by changing our “I AMs.”

### **Something to try:**

Notice how many times throughout the day you say to yourself, “I’m so \_\_\_\_\_,” or “I am \_\_\_\_\_.” Even if you don’t really believe what you’ve just said, these I AMs have a way of becoming reality, what you see.

## - Other’s Outlet -

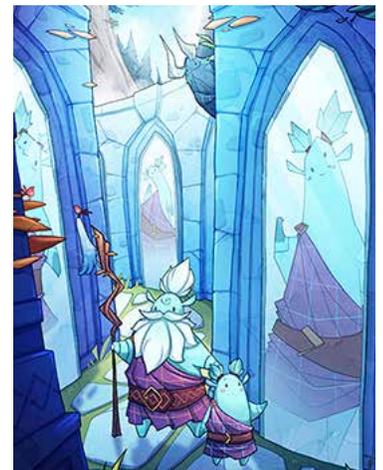
**“See, a mangled display might be trying to hide  
Their own self-doubt and how they feel inside.”**

Another’s reaction to you can be just a **reflection** of how they feel about themselves. When someone has **negative self-image**, that impacts how they see the world, and how they treat other people.

*“If you are willing to look at another person’s behavior toward you as a reflection of the state of their relationship with themselves rather than a statement about your value as a person, then you will, over a period of time, cease to react at all.” –Yogi Bhaajan*

### **Something to think about:**

Know that when someone is negative towards you, it **isn’t about you**. It’s about them. Notice how you treat or react to other people when you are feeling bad about yourself, or when you are feeling good.





## - Yabbut Yolk -

**“When you spot a warped image you want to believe  
Just know it’s the Yabbut who tries to deceive.”**

We are so quick to **believe** what we think about ourselves. We believe our I AMs and never question them. The **Yabbut** is that voice inside your head telling you that what you see is real, even though it isn't.

### **Something to think about:**

Would you let someone else say these things about you? Probably not, but the **Yabbut** will. The good news is that the **Yabbut** can be ignored, just like you would ignore someone standing next to you saying those things.

## - Judgment Junction -

**“Don’t let someone else affect your self-esteem.  
Only you should decide the I AMs that are seen.”**

We often look to someone else to define our I AMs. We want to know that others **approve** of us and can be devastated when they don't. If we continually look to someone else to define our **value** (our I AMs) we put our **OWN** self-worth in someone else's hands.

### **Something to think about:**

Self-esteem can only come from within. The **ONLY** opinion that matters is your own. Plus, it's none of our business what others are thinking about us.



## - Negative Narrows -

**“When you think good I AMs, your perspective will change.  
And then what appears is no longer deranged.”**

We can be harder on ourselves than anyone else. Why? We should be the **first person** to be kind to ourselves, to think good things, to love and not criticize who we are. Our minds can be constantly going, with both good and bad thoughts spinning about, and it is usually the bad thoughts that take over. But did you know that you **DON'T** have to listen to them? Just because you've had a thought about yourself doesn't mean that it's real. **It is just a thought**, and you can let it go. This can make room for the good thoughts to emerge.

### **Something to try:**

When a negative thought comes into your head, recognize that it is **just a thought**. And then tell yourself that you are not your thoughts and that they are actually **Separate** from who you really are. From here you can let go of these thoughts, let them pass by and then make room for the **good** ones.

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## - Conformity Corner -

**“If you aren’t being you, and you’re some other one,  
Then you aren’t authentic and that is no fun.”**

How many times have you tried to alter your I AMs to fit in or try to be like everyone else? When we do that, it is hard to discover all the wonderful authentic things about ourselves. But we can get caught up pretending to be someone we aren’t, and we forget about our true selves. So instead of wasting energy trying to fit in or be someone you think other people want you to be, take the time to think about who you truly are and what you truly want.

### **Something to try:**

Give yourself permission to find what it is you really like and who you truly are. From the clothing you wear, to the things you do, and even the people you hang around with. If these things don’t reflect the real you, then let them go so you can create the space for the authentic you.



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## - Measure Up Mirrors -

**“You should only match up with your internal best.  
Only who you can be and forget all the rest.”**

Mark Twain said that “comparison is the death of joy.” When we compare ourselves to others, we focus on what we think is wrong with us instead of acknowledging all the good, unique things about ourselves.

### **Something to try:**

The ONLY person we can and should compare ourselves with is... well, ourselves! Are you living your best life, being authentic, taking positive steps? Whenever you catch yourself comparing your life to others, stop and be grateful for what you have and who you are.



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## - Failure Foyer -

**“When the I AM reflects that you actually tried,  
Then the act of attempting will fill you with pride.”**

You only fail when you don’t try. Success isn’t just about achieving an outcome that YOU wanted. It is based on so many things – trying something new, learning from the attempt, trying again. Most importantly success is based on how we deal with our disappointment of our perceived failure.

### **Something to think about:**

Look back at all the times you “failed” and think about what good things came from them and what you learned.





## - Acceptance Alley -

**“And once you begin to search just for what’s right,  
The best parts of you will then come into sight.”**

Why is it so easy to see our “flaws”, but so hard to see all the **great things** about ourselves? We are quick to look in the mirror and seek out the “bad” stuff – our imperfections. All the while, overlooking all our wonderful things. It is almost uncomfortable to look for the good stuff, we aren’t used to doing that. But once you start to look past what you don’t like and **FOCUS** on the things you do, you’ll find **more and more** great things.

### **Something to try:**

Look in the mirror and find just **one thing** you like about yourself – your eye color, smile, strength, anything. Then the next day, look and find another thing, then another, then another. When you are ready, look at what you see as “flawed” and love it for being a part of you and making you unique.

## - Real YOU Reflection -

**“What you see here now is your honest reflection.  
It’s perfect as is. See, it needs no correction.”**

Use these tools to always see the **best, real you**. Always know that you are perfect just as **YOU ARE!**

### **Something to do:**

Remember the power of “**I AM**” and use it wisely.



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