

I Am

The "I Am" Rule is a simple tool that undercuts most of the psychological weapons your brain employs to keep you from taking action, which will allow you to procrastinate less, live happier and reach your goals easier. You may not be able to control how you feel, but you can always choose how you act in situations.

Directions:

Everytime indecision, reluctance, procrastination, hesitation, self-doubt, and skepticism enter into your conversation you will start an empowering "I Am" statement by stating "I Am..." then follow it with 3 adjectives that follow suit with what best describes you. The adjectives can shift and change depending on the situation you find yourself in. It's always important to see yourself worthy of all these adjectives.

I Am

Encouraging DETERMINED helpful
irrestistable inspirational delightful Persistent Strong Willed POSITIVE
DISCIPLINED delightful Motivated INSTRUMENTAL commanding
Exceptional Impressive Potent appreciated valuable energy
Amazing LOVING remarkable influential phenomenal Sarcastic
noteworthy mischievous playful pleasant exciting chill HILARIOUS
peaceful PERSUASIVE BLESSED delated captivating
Lucky INFLUENTIAL upbeat peppy surprising Skilled incredible perky
MIGHTY Enlightened cool relevant alluring THRILLED dazzling
courageous terrific LIVELY outstanding decisive
Knowledgable CAPABLE STUPENDOUS romantic wonderful
ROBUST talented effective STRONG majestic EXPERIENCED Jolly
compelling understanding AWESOME Brave pretty inspiration
GOOD sexy estatic AWARE powerful Talented
Cunning WORTHY Tenacious superior daring LIGHT
Sensible Sassy UNIQUE AGILE audacious WISE Intense
Joyous Distinguished intelligent perceptive SPECIAL funny Magnificent
fabulous caring thoughtful prominent beautiful illustrious Resourceful
Adventurous FIRM sharp Fantastic logical Educated radiant
Chipper GREAT patient gutsy Fearless understanding
incredible curious Rare Important CONFIDENT glorious
charming Clever Quick BOLD Devoted Noble Smart HAPPY Silly
attractive Bright special brilliant Impressive nimble significant delicious
SPUNKY thankful Blessed