

Changing I AM Statements

Limiting beliefs are sneaky. They sound like truths/facts when we speak them. The trick is to recognize them and then to change them. Use the left column to document negative "I AM" statements you speak this week. Rewrite them as empowering possibility statements on the right.

 _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____

Patterns you notice about how you think: