

# I AM...

Below is a list of more than one hundred words. Most people will find these words to be positive or even very positive. Try to attune yourself to the meaning of the word. Let yourself feel it.

These words can help replace old recordings you may be trying to find substitutes for. They are words you can focus on if you feel someone is viewing you negatively or if you are viewing yourself negatively. Simply stop the negative thought and redirect your attention to this list.

Some of the words will challenge you to attune to the meaning: to be one with it. For instance, it may not make grammatical sense to be flow...I Am Flow. But the idea of feeling the movement of the flow of air or water can give the sense of riding a natural current forward, carrying you into what you want in your life.

If a word does not resonate with you, just skip it and go to the next word. Some words may feel differently on different days, depending on your mood.

This list can be helpful to read before you go to bed at night, or when you first wake in the morning. They can be helpful words to repeat when you are engaged in activities such as housecleaning, standing in line, or commuting. Find these qualities in yourself. Find these qualities in the people and environment around you. Don't just say the words, but actually feel them: find the vibration of the positive meaning.

This is a mental exercise, but it is intended to be fun and emotionally uplifting. Play with it! What are your favorite ten words on the list? What are words you want to live more in your life? This list is not exhaustive. Add words to the list that resonate with you as you think of them. It is just a beginning! **I am...**

aligned	exhilarated	inspired	phenomenal
allowing	exciting	inspiring	precious
appreciative	engaging	incredible	remarkable
authentic	expansive	intuitive	sure
abundant	evolving	intelligent	satisfied
articulate	expanding	imaginative	special
amazing	ecstatic	important	spontaneous
beautiful	excellent	intentional	super
blissful	encouraging	joyful	superb
bright	enthusiastic	kind	thoughtful
basking	exuberant	knowing	trusting
beneficent	energetic	light	thrilled
blessed	ease	love	thriving
blooming	fun	loved	talented
brilliant	flow	loving	understanding
clear	funny	lively	uplifting
confident	fabulous	magnificent	vital
curious	fantastic	marvelous	vibrant
creative	fulfilled	magnanimous	wise
divine	great	noble	witty
dynamic	grateful	outstanding	well-spoken
delightful	gracious	optimistic	well-being
deliberate	gorgeous	powerful	worthy
delighted	happy	passionate	whole
delicious	hopeful	prosperous	wow
eager	humorous	pleased	yes!
excited	healthy	purposeful	zest