

Pondering Point

We can answer this question a myriad of ways. What we're good at: "I am...a good tennis player." Our personality: "I am...shy." To illustrate our flaws: "I am...terrible at math." Or use it therapeutically: "I am...an alcoholic." While others use this statement as a means to empower themselves, "I am...the best at what I do." *What do you see when you look in the mirror? Is it what you were expecting to see? If there is any truth to the power of positive thinking, then would it be more beneficial to view this question as an opportunity to build our self esteem and give us something positive to aspire to be?*

Can we actually become whatever we finish this statement with - if we say it enough and if we truly believe it? How can we use this statement to empower us and change the outcome of our life?

It's OK to complete this sentence any number of ways. We are complicated people with many sides. **More than simply remaking ourselves, being self-aware is about defining who we are and giving ourselves direction.** It's less about having the right answers and more about the journey of discovery. It's finishing this statement honestly and owning up to the outcome.

I am...

Can how we choose to end this statement affect who we become?



Imagine... defining who you are now and directing your mind towards what you wish to become.

— From Pondering to Practice —

Reflection:

Try This – “I AM” Statements

- brought to you by Quick Tips & Tools available on The Charmm'd Foundation website. (www.charmmdfoundation.org/QTandT.html)

- What did you learn about yourself that you didn't know?
- How will this affect you moving forward?

Activity:

Try This – “I Am...TEAM!”

- Create “I AM” statements around who you are and what you bring to the team environment using the template provided in the Charmm'd Foundation's Quick Tips & Tools called [“I AM” Statements](#).
- Get together with your team and share your statements.

Celebrate who is on the team and what they bring to the table!

“There comes that mysterious meeting in life when someone acknowledges who they are and what they can be, igniting the circuits of their highest potential.”

- Rusty Berkus