

WHO AM I?

Take a moment to think about who you are. Forget about how others might see you or make judgements about you. Simply write for yourself and don't be embarrassed or self-conscious about what you write down.

I AM ...

I LIKE ...

I AM ATTRACTED TO ...

I THINK THE THING THAT MOST DEFINES ME IS ...

I BELIEVE ...

I WANT ...

I WISH ...

I AM REALLY GOOD AT ...

MY BIGGEST WEAKNESS IS ...

I LOVE ...

I HATE ...

I WANT TO CHANGE ...

THE I am POEM

Take a mindful moment to think about yourself and fill in this poem. The 'I am' line should be the same throughout and should feature two positive and special characteristics about yourself. Read our example written by the Editor for inspiration, but make sure that you write completely about yourself in your one.

I am caring and thoughtful
I wonder what everyone is thinking
I hear the busy traffic
I see the cloudy sky
I know that I am loved
I am caring and thoughtful

I pretend that I'm always fine even when I'm not
I feel unsettled about the future
I want to achieve great things and make others proud
I worry a lot about relationships
I cry at night when I'm alone
I am caring and thoughtful

I understand that I need to work hard
I always overthink
I dream about my future
I try to make others happy
I hope the important people in my life know the real me
I am caring and thoughtful

I can be honest with my friends
I will learn to share my feelings better
I believe that everyone should get to be themselves
I love spending time with those special to me
I have amazing friends
I am caring and thoughtful

- by Rebecca Greig -



POSITIVE REPETITION

Thinking positively is like getting in shape. It takes persistence. Repeat affirmations that are important to you.

I AM... ..

I WONDER... ..

I HEAR... ..

I SEE... ..

I KNOW... ..

I AM... ..

I PRETEND

I FEEL... ..

I WANT... ..

I WORRY... ..

I CRY... ..

I AM... ..

I UNDERSTAND... ..

I ALWAYS... ..

I DREAM... ..

I TRY... ..

I HOPE... ..

I AM... ..

I CAN... ..

I WILL... ..

I BELIEVE... ..

I LOVE... ..

I HAVE... ..

I AM... ..