

# I AM Worksheet

## (Instructions)

This worksheet is designed to allow you to see the truth of whether or not you are actively creating the conditions for who you desire to “be” and what you truly desire to experience in your life. The perfection of our self-creative universe is that it mirrors the true thoughts we each have about who we are back to us through what we create and experience in of our daily lives.

***Step 1:*** Decide exactly what you want to create and experience in your life. For instance, a new job or career, certain business goals, improved finances, physical fitness, enhanced creativity, material possessions, romance, a different lifestyle, etc. Focus on it until you can visualize the details as specifically as possible. Then write down your intended experience as clearly and concisely in section 1 of the Worksheet.

***Step 2:*** Decide who you would have to “be” through your powerful I AM statements in order to attract and manifest this desired experience in your life. Then, in section 2, write down at least 5 new I AM statements that correspond with your initial written intent. Examples: if you intend to experience meeting a soul mate, “I AM loving and attractive,” if you desire a new profession, “I AM capable of getting that exact job,” if you desire to change your financial situation, “I AM disciplined and focused on managing my finances,” if you want to acquire something new, “I AM going to have that item by this particular date,”

**Step 3:** In section 3 of the worksheet, write down at least five to ten actions you could take that would demonstrate the truth of each written I AM self-concept. These are the exact actions that create the conditions needed to manifest the desired experience. For example, if in section 1 you wrote down that you would like to be financially stable, and in section 2 you wrote down the statement, “I AM a disciplined money manager,” your action plan will validate this thought with items such as: create a daily and monthly budget, monitor daily spending, shop smarter, and cut all debt spending.

After preparing this worksheet, if you do not follow your action plans, it will offer you the self-evident truth that you have not embraced one or more of your new I AM statements. An old I AM mindset will produce the same undesired experiences as it did in the past. You cannot fool the universe, as you will only be able to experience what you believe yourself capable of experiencing. The actions you take or decide not to take will always offer you your true self-image. It is always within your power to initiate any change in a any moment.

- 1. Envision it.**
- 2. Declare (I AM) that you are worthy and capable of it.**
- 3. Become it by acting in accordance with the thought of it.**

Use the I AM Worksheet to design as many creative experiences as you choose. Committing your desires and the process to paper strengthens the energy of their manifestation. It also enables you to monitor if you are actively creating the conditions to achieve what you say you desire.

# I AM Worksheet

## 1. Your desired experience (be exact):

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## 2. I AM statements necessary to manifest the desired reality:

1. "I AM \_\_\_\_\_."
2. "I AM \_\_\_\_\_."
3. "I AM \_\_\_\_\_."
4. "I AM \_\_\_\_\_."
5. "I AM \_\_\_\_\_."

### **3. Actions that would validate I AM statement # 1**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**Actions that would validate I AM statement # 2**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**Actions that would validate I AM statement # 3**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

## **Actions that would validate I AM statement # 4**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

## **Actions that would validate I AM statement # 5**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_