

ASK YOURSELF: *Is That What I want?*

Instructions: Read through and answer how you feel about yourself now.

	YES	NO	SOMETIMES	
1.				I am a happy person.
2.				I find something each day that makes my day happy.
3.				I accept myself as I am.
4.				I accept others as they are.
5.				I love people and people love me.
6.				I am enjoyable to be around.
7.				I am dependable.
8.				I am on time (even early) doing what I need to do.
9.				I appreciate my great mind.
10.				I am smart.
11.				I memorize easily.
12.				I eat only when I am hungry.
13.				I like the weight I am at present.
14.				I am a good looking person.
15.				I am a good speaker.
16.				I live the basic 10 Commandments—I am honest, virtuous and I live a TRUE CHRISTIAN life.
17.				I am a peaceful person.
18.				I am patient with myself and others.
19.				I enjoy the law of abundance in my life. for I am able to plan for and buy what I need.
20.				I praise other people daily.
21.				I praise myself daily.
22.				I love life!
23.				I learn something new each day.
24.				I seek and get inspiration each time I need a solution.
25.				I forgive myself and others each day.



MY "I AM" CHART



THOUGHT: Believe in yourself, spend time with the person you want to be and you **WILL** become that person. "As a man thinketh in his heart, so is he."

1. I am **HAPPY**.
2. This is a **HAPPY DAY!**
3. I accept myself, my husband, my family—children and relatives as they are.
4. I love people, people love me.
5. I am a "SPARKLE" at home or wherever I am.
6. I am dependable.
7. I am on time (even early) doing what I need to do.
8. My great Subconscious mind-computer, works efficiently for me and I appreciate this great tool I possess.
9. I am smart. I have an ever increasing ability to remember and to memorize information; it comes forth when I request it.
10. I eat only when I am hungry.
11. I now instruct my body to reach my desired weight of _____, for I am thin!
12. I am healthy—my body naturally desires fresh natural foods, such as fresh fruits, vegetables, nuts and grains.
13. I direct my body to reject foods with an excess amount of white sugar, white flour, processed foods and too much meats.
14. I am beautiful, graceful and articulate in speech.
15. I am a motivational speaker.
16. I live all of the basic 10 Commandments—I am honest, virtuous, and I live a **TRUE** Christian life.
17. I am a peaceful person, I bring peace to my home.
18. I am patient with myself and others.
19. The law of the Lord is abundance—I am thankful for the abundance we have and am open for that which is to come.
20. I praise others daily.
21. "My Life Is A Joy To Me."
- 22.
- 23.
- 24.
- 25.

The Lord said I am the "Great I AM."

